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seventeen

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Justice**

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**"In High School I Felt
Alone & Isolated"**

**Are You
ADDICTED TO
FOOD?**

Help Is On P. 110

**MTV's Teen Mom
EXCLUSIVE!**

**“I Never Wanted
To Be A
Teen Mom!”**

**453
Spring
Fashion
Ideas!**

**The Best Trends
For Your Body**

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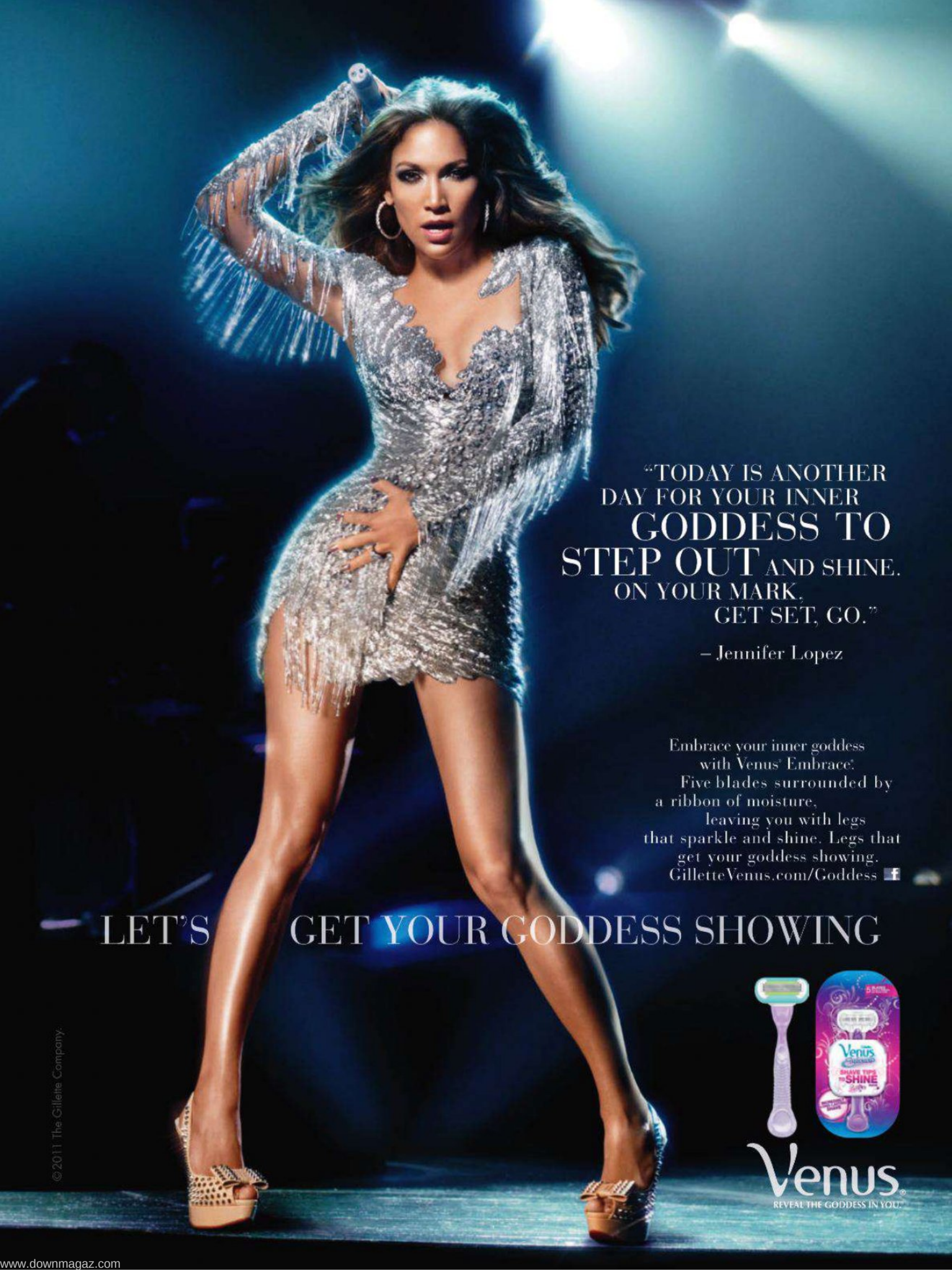


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2011 april

THE
HAIR
ISSUE

fashion

- 37 **BEST SHOES EVER!** From stilettos to sneakers, here are spring's hottest pairs.
- 46 **FASHION HAUL!** Six amazing pieces to snap up before they sell out.
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- 50 **CLICK FOR CUTE STYLE!** Build your dream wardrobe with these cool online shopping sites.
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- 60 **THE HOTTEST TREND FOR YOUR BODY!** Fashion-forward styles to show off your shape.
- 68 **♥ HER STYLE** Get inspired by a girl with a flirty/quirky look!
- 136 **SPRING SHOPPING SPREE!** Mall in love with all the best stuff in stores this second.

beauty

- 72 **YOUR ULTIMATE TREND REPORT!** Try these hot styles and make your friends jealous!
- 78 **WHO'S YOUR HAIR-SPIRATION?** Here are the go-to hair treatments the stars depend on!
- 82 **PRETTY PROM STYLES!** A dress as hot as yours deserves a hairdo to match.
- 84 **PSSST! GET THE INSIDE SCOOP ON PERFECT HAIR!** Get lush waves, brilliant color, and more.
- 86 **COOL CUTS FOR YOU!** Pick a new look that works for your face shape, texture, and vibe!
- 92 **GET CRAZY SHINE!** Turn here for hair tools and rules that will give you gorgeous gloss.
- 98 **ROCK THE RUNWAY YOUR WAY!** Fashion-y looks you've got to try.
- 100 **FRESH HAIR IDEAS!** The Beauty Smarties spill their best tricks for you.
- 144 **STAR POWER!** A Hollywood hair pro shows you how to get the sexiest waves ever.
- 150 **PRETTY LITTLE EXTRAS** Romantic hair accessories to finish your style.

on the cover



144

glam
locks!



150

sweet
accessories!



58

kat graham in
killer platforms!

bold
sunnies!

48

86

fresh
cuts!



37

hot
heels!

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QUIZ blowout!

p. 113

HOW GOOD ARE YOUR FLIRTING MOVES?



Buh-bye, bad BF! Hello, happier Kelly O!

154



124

cool ways to make over your space!



CHECK IT OUT NOW AT SEVENTEEN.COM/TEENMOM!

seventeen.com

DON'T BE A TEEN MOM!

MTV's Farrah, Maci, and Chelsea have a message for you! They're spilling what they wish they'd known *before* they got pregnant—so you won't become a teen mom, too. Go online to:

- Get info on how **not** to get pregnant!
- Watch a **exclusive video** of the Teen Moms!
- Spread the message in **our Facebook campaign!**

health

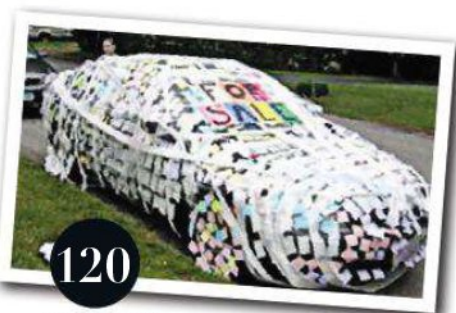
- 105 SEXY LEGS IN 4 MOVES!** Get your body ready for spring's shortest shorts with this fast, easy workout.
- 107 IS YOUR DRINK HURTING YOUR HEALTH?** These options are way better for you—but just as yum!
- 108 THE ULTIMATE BEAUTY PEACE CHALLENGE** Whitney Port and her BFF have a feel-good challenge for *Seventeen* readers.
- 110 THE SECRET NEW EATING DISORDER** How to deal when you feel like food is controlling your life.

love life

- 113 QUIZ BLOWOUT: LOVE SECRETS YOU NEVER KNEW ABOUT YOURSELF!** Can you decode guy speak? Are your FB pics hot? Does he like your kisses?
- 154 HAVE A HAPPY BREAKUP!** You *can* move on without tears and drama. Here's how.

your life

- 118 "I REFUSED TO CHEER FOR MY ATTACKER!"** Hillaire's bravery will inspire you.
- 120 APRIL FOOLS!** Ready to punk your friends? Check out the sneaky tricks these girls pulled off.
- 122 THE EASIEST WAYS TO MAKE MONEY EVER!** All you need is a little spare time and imagination.
- 123 5 PEOPLE YOU'LL MEET IN COLLEGE!** The Freshman 15 prep you for common campus weirdos.
- 158 "DON'T BE A TEEN MOM"** The MTV Teen Moms confess the mistakes they made to make sure *you* don't get pregnant until you're ready.



120

pranks you can play!

and...

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- 18 GET VICTORIA'S BRIGHT LOOK** You can look like our cover star!
- 22 WHAT YOU THINK!** Your thoughts on our February issue.
- 28 HI FROM ANN!** Why your BFFs are so important!
- 30 ARE YOU PRETTY AMAZING?** You could be on a cover of *Seventeen*! Excited yet?!? Get the deets.
- 124 17 WAYS TO REDO YOUR ROOM!** Create the cutest hangout ever for you and your girls.
- 130 VICTORIA JUSTICE** She refuses to be a cookie-cutter teen star!
- 162 TRAUMARAMA!** Just be happy this nutty stuff didn't happen to you.
- 164 APRIL HOROSCOPES** Check out all the juicy predictions for your sign.

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Take our reader-feedback survey online! See **page 163** for details, or log on to survey.seventeen.com.

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*vs. bare lips

easy breezy beautiful COVERGIRL



NINA DOBREV

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SATURDAY

HOW TO ENTER: Starting April 1, log on to seventeen.com/freebies every day and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to seventeen.com/freebies or see page 163 for details.

Save this calendar to win every day in April!

TIGI



Mix of Bed Head products
[mix]



Bed Head Ego Boost and Cocky Stylers
[ego]



Catwalk Sleek Mystique Line
[sleek]



Bed Head Rockaholic Line
[rock]



Colour Combat Dumb Blonde Collection
[blonde]



Bed Head Urban Antidotes Resurrection Shampoo and Conditioner
[urban]



Colour Combat Colour Goddess Collection
[goddess]



Bed Head Manipulator and Masterpiece Stylers
[style]



Catwalk Your Highness Line
[catwalk]



Volumizing Root Boost Spray, Volumizing Mousse, and Dry Shampoo
[dry]



Vibrant Shine Spray, Heat Protection Spray, and Sleek Anti-Frizz Cream
[shine]



Captivating Curls Spray Gel, Whipped Cream Mousse, and Shampoo and Conditioner
[curls]



Touchable Finish Hairspray Collection
[touch]



Black Raspberry + White Tea Leave In Conditioner, Shampoo, and Conditioner
[raspberry]



Almond + Shea Butter Moisturizing Shampoo and Conditioner
[shea]



Rosemary + Mint Invigorating Shampoo and Conditioner
[mint]



Biolage Colorcarethérapie Delicate Care Collection
[color]



Biolage Hydrathérapie Collection
[hydrate]



Design Pulse Texture Crème, Molding Paste, Wax, and Gel
[texture]



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[volume]



Biolage New Technology Smooththérapie Collection
[smooth]



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[rejuvenate]



Design Pulse Styling Collection
[design]



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[shampoo]



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[root]



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[serum]



Mousse Coiffant and Curl Activating Cream
[mousse]



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[mask]



Concept Vert Rejuvenating Pure Shampoo and Conditioner
[vert]



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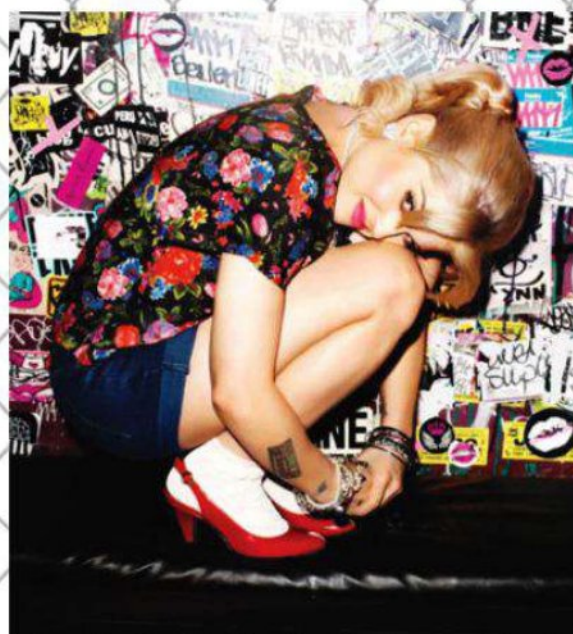
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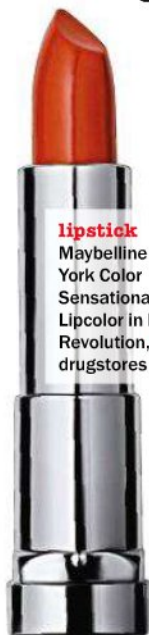


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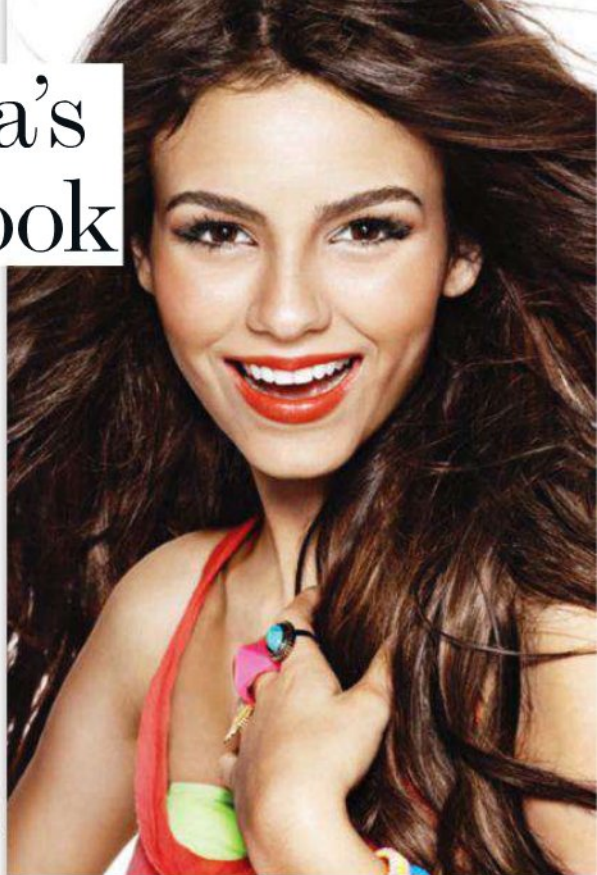
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SEVENTEEN.COM Go behind the scenes of Victoria's cover shoot at seventeen.com/victoria.

STILL LIVES: DON PENNY/STUDIO D.



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SEVENTEEN STYLE PRO

Sometimes "firsts" can be scary—like the first day of class or even a first date! I totally remember *my first date* like it was yesterday. I had the biggest crush on the cute boy in my Spanish class (let's call him Jason ☺). Jason would always flirt with me, but I was too shy to flirt back. Thanks to a pep talk from my BFF, I built up the confidence to ask Jason if he needed help with his homework. I guess that was the push he needed, because one week later, he asked me to go to a movie right after we finished studying! I rushed home to get ready and we ended up having an amazing time. As a new generation of women, we experience all types of "firsts"—here are *a few survival tips to make any first date unforgettable!*

tipone: get ahead of the curve

Get creative and take charge. For a night to remember, choose a unique date spot that lets you get to know each other while creating lasting memories. Try bowling or maybe a trip to a theme park!

tip two: style it up

Be comfortable and let your confidence shine through! Pick out an outfit you can't go wrong with, like skinny jeans and a cute tee. Spice up the look with super-chic accessories.

tip three: primp 'n' prep

If you have a busy schedule like I do and always find yourself rushing to your dates (and everywhere else!), **Olay Daily Facials Deep Cleansing Cloths** are a lifesaver. The Daily Facial Cleansing Cloths are great for removing makeup (even mascara!) as well as dirt and oil. Plus, they go beyond basic cleansing to gently exfoliate and condition skin. Get a good, quick clean, and then apply your makeup for a fresh face on your date!

tip four: be yourself!

Don't try too hard and you are guaranteed to be irresistible. Guys like girls who are confident and fun. Let him get to know and like the *real* you!

XOXO, Angie



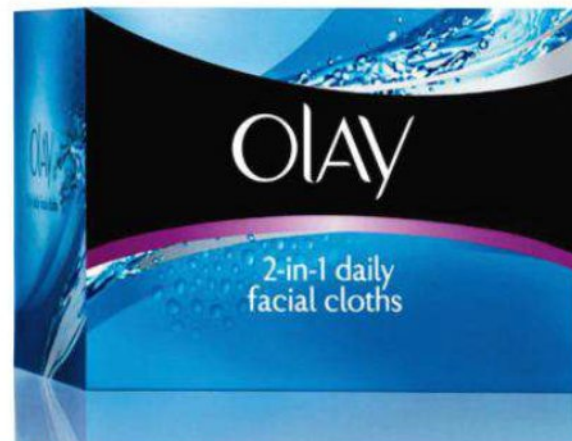
"The *Daily Facials* are awesome at taking off makeup—especially eye makeup. You often get products that are super oily, or just don't do the job, or that sting your eyes. I honestly couldn't live on my tour bus without them."

—Carrie Underwood

Olay facial cleansing products are a must-have for every "first"!

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Purchase any Olay Daily Facial or Olay Cleansing Cloth product and you could score a free compact mirror from Seventeen—the perfect accessory for any "first" date! Just text **OLAY** to **467467** and be ready to enter the UPC from your purchase. Offer good while supplies last.



Check back next month for a new Olay generation "first" from another *Seventeen* Style Pro!

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— Carrie Underwood

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what *you* think!

We hear you! Here are the comments
about the February issue that got *us* talking.

LEIGHTON ON LOVE

“I’m always frustrated by guys and wonder why Prince Charming hasn’t just come into my life already! But after reading Leighton Meester’s interview, I feel better about being single. She’s right: We should cut out the mind games and just let things come naturally. That’s when the magic will happen!”

—lexy, 18, escondido, ca



flower power

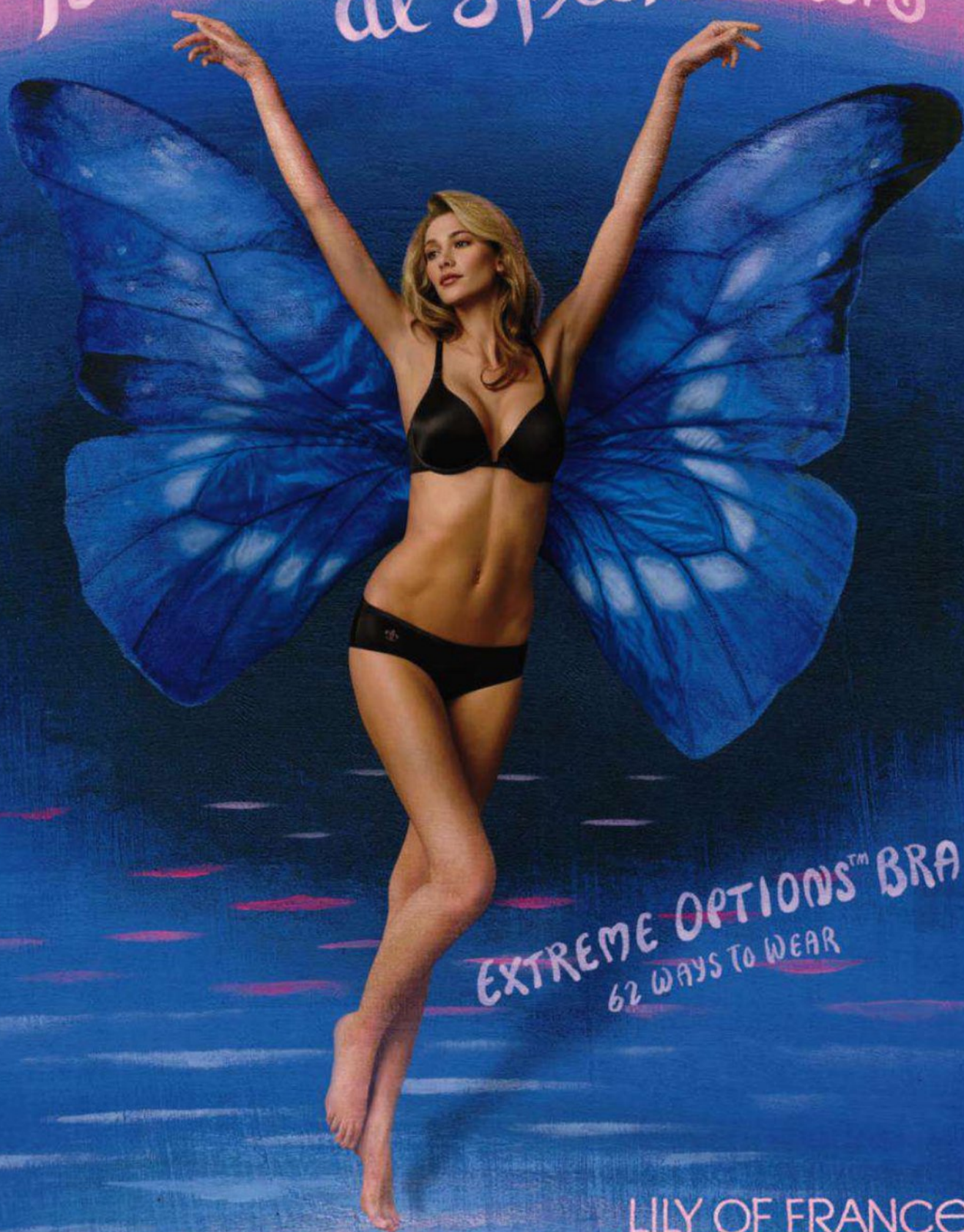
“Seeing florals in ‘Big Prints, Little Price’ made me smile. I am completely in love with all things flowery! This skirt is my absolute favorite, and I’m glad I have an excuse to add similar pieces to my wardrobe this season!”

—courtney, 20, boxford, ma



MEESTER: CLIFF WATTS. ON MEESTER: DRESS, VERSUS; EARRINGS, SEQUIN; ORANGE BRACELETS, LULU'S; BLUE BRACELET, MISSONI.

Beaucoup
de splendeurs

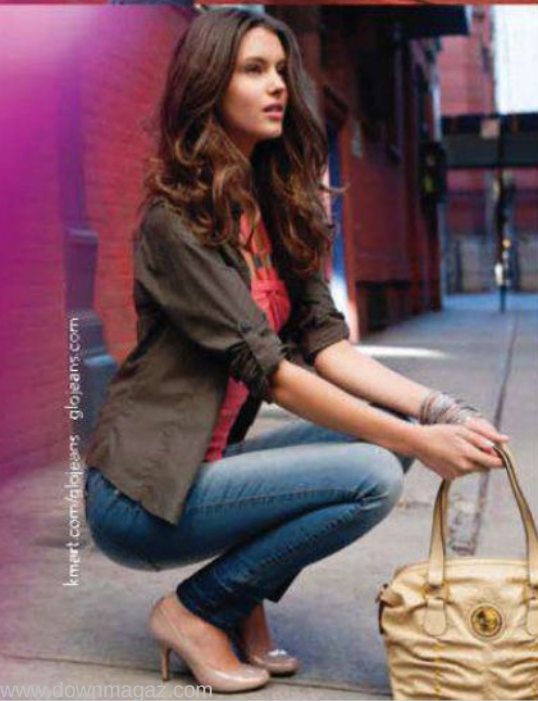
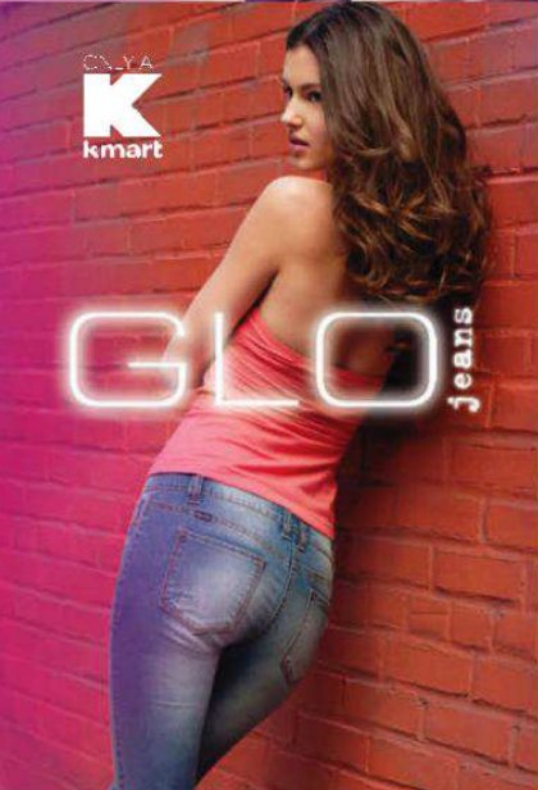


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super-snack me!

"Loved 'The Yummiest Ways to Stay Healthy,' except you didn't include my favorite antioxidant power blast—tomatoes! They can help boost your immune system and taste great! This is my go-to after-school snack: tomatoes and mozzarella cheese with light vinaigrette and pepper. Delish!"

—taylor, 20, new york, ny

DOGGONE IT!

"I felt bad for Tana in 'I Was Scammed!' when she lost \$800 on a purebred puppy. But I wish she'd gone to a local shelter to adopt a dog! They are often overcrowded with animals—a shelter pup would have been less shady, cheaper, and super-desperate for a safe, loving home!"

—mayra, 20, stockton, ca



Petfinder.com has tons of adorable adoptable pups!

sextra pressure

"'Love & Sex Secrets' made me feel more comfortable about the fact that I am 16 and still haven't lost my virginity, even though most of my friends have lost theirs. I definitely know that I'm going to wait to have sex until I'm sure I have found the right guy."

—kendall, 16, cottonwood, id

WE ♥ HOT GUYS!

These readers are majorly crushing on our 2011 Hot Guy Panel! Who's your fave? Go to seventeen.com/hotguypanel to check them out!



"When Alex said he still gets butterflies over his girlfriend, I swooned. Beyond adorable."

—AMBAR, 21, RIVERA PURCHASE, NY



"I'm all about Trevor, for two reasons: 1) He's hot, and 2) Um, he's hot!"

—CHELSEA, 19, LINCOLN, RI



"Mauricio wants a girl to hit the dance floor with? That's pretty much my dream guy!"

—NICOLE, 18, NEW YORK, NY



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friend detox

"I took your 'Is Your Friend Toxic?' quiz [in the 'Toxic Friends' story] about an ex-friend of mine, and I clearly made the right decision to dump her. Ugh. My friend would always ditch me for people she thought were more popular! I'm so glad that I smartened up and found friends that think I'm cool (quirks and all) before I really got hurt!"

-mackenzie, 15, niagra-on-the-lake, on, canada

MEGA HAIR

Shine-enhancing shampoo? Check.

Leave-in conditioner? Check.

Highlights-boosting spray? Check. The 'Hair Miracles'

story made my hair look so, so awesome.

Check it out!

-michelle, 18, keizer, or



FACEBOOK COMMENT OF THE MONTH!

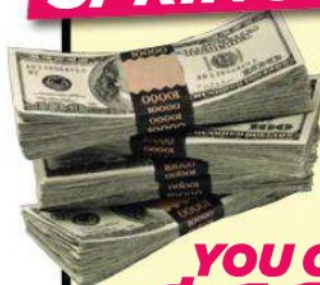
We asked our Facebook fans to share their best (and worst) pickup lines!



I once got this one: "Excuse me, but do you have a Band-Aid? Cuz I scraped my knee when I fell for you!" Ha! Riiight, buddy :) *-vanessa*

Become a fan of **Seventeen** on Facebook at [facebook.com/seventeenmagazine!](https://www.facebook.com/seventeenmagazine/)

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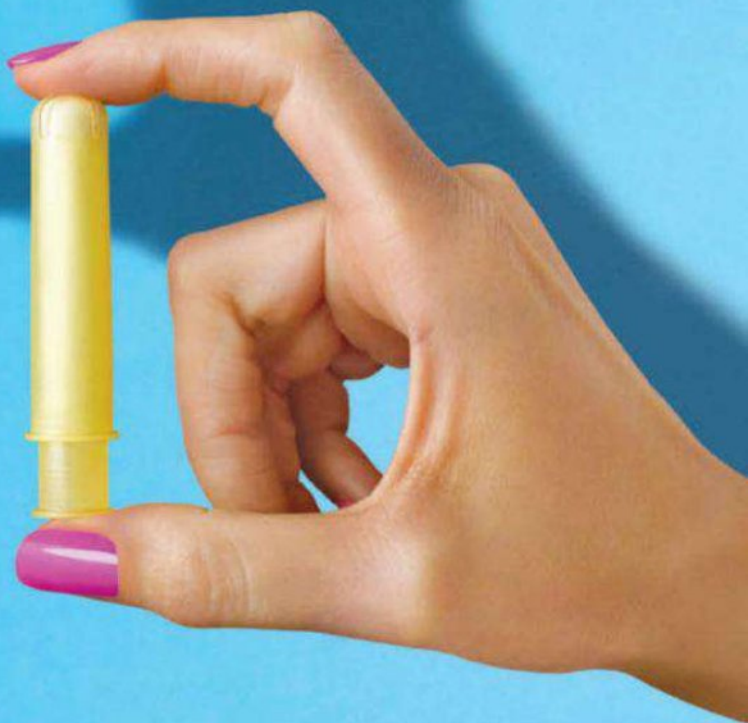
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Hi from Ann!

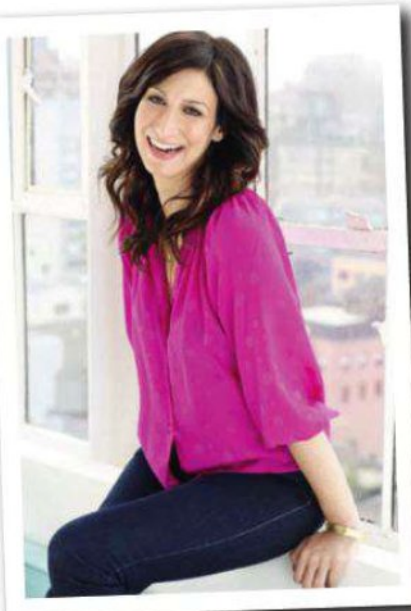
Everyone needs one amazing **friend**—someone you trust with your juiciest secrets, who will tell you when your fashion experiment has gone *way* wrong, and who is happy to spend Friday night just watching scary movies and taking **love quizzes** with you. (FYI: We've got you covered this weekend with our quiz blowout on **page 113**!) Friends are like this safe haven where you can just be yourself, and this month, I was so **inspired** by Whitney Port and her BFF, Andrea! They challenged each other to spend a week without makeup—it was their way of proving that they totally **accepted** each other, zits and all! (They have a

challenge for *you*—check it out on **page 108**).

But not all **friendships** are such a tight circle of trust: Teen Mom Maci told us that before she got pregnant, she was too *shy* to tell her friends when she and her BF, Ryan, started having sex (**page 158**). But your friends are supposed to look out for you, not judge you—right? And even our incredibly **upbeat** cover

star, Victoria Justice, says that she struggled when she grew apart from her high school friends. It hurts when people you've **shared** so much with aren't on the same page as you anymore. But instead of letting it shake her confidence, V says the **drama** actually made her stronger (**page 130**).

Friendship can be **complicated** stuff. But I want to help! Tell me what's going on with you and your friends—I'll be answering your Qs all month at seventeen.com/ann.



kelly osbourne + miley cyrus

These insta-besties bonded on the set of *So Undercover*. "I'm just being Miley!" Kel tweeted when she posed with Miley in a look-alike wig.



rihanna + katy perry

These superstars support each others' careers no matter what (instead of getting jealous like a lot of girls might!).



lea michele + dianna agron

They play frenemies on *Glee*, but in real life, they used to be roomies! (They even had two pet cats, Claude and Sheila!)

XOXO
-A.

BTW: Did you enter our Pretty Amazing Contest yet? You could be on our cover! Enter at seventeen.com/prettyamazing.

PS: check out these winners!



FUN FOOD WINNER!

Elizabeth, 17, Henrico, VA won our Fun Food cook-off on *The Rachael Ray Show*. (Lo Bosworth helped judge!) She won with her Sweet Potato Fries with Marshmallow Dip. Get her recipe at seventeen.com/funfood!



SPEAK NOW WINNER!

Taylor, 15, Vancouver, WA wrote to us about her "Speak Now" moment—when she reached out to a classmate who was being bullied and ended up saving his life. Taylor will get to share her moment with **Taylor Swift** in person at an upcoming concert!



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GLO Jeans wants to style you out this season! Enter for a chance to **win a trip to NYC**, a **\$250 Kmart shopping spree**, and complete **spa makeover!**

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NO PURCHASE NECESSARY TO ENTER OR WIN GET YOUR GLO ON NATIONAL SWEEPSTAKES. Sponsored by Hearst Communications, Inc. Go online to seventeen.com/glojeans to enter. Sweepstakes begins at 12:01 a.m. ET on March 8, 2011 and ends at 11:59 p.m. ET on April 18, 2011. One (1) winner will receive a trip for winner and guest to NYC for a 2-night stay, a \$250 Kmart shopping spree with a *Seventeen* Style Pro, a tour of *Seventeen*'s offices, and a half-day at a spa of *Seventeen*'s choosing. Total ARV for winner: \$3,250. Odds of winning will depend upon the total number of eligible entries received. Must be female, 13-24 years old, and a legal resident of the 50 United States, Puerto Rico, or District of Columbia. Void where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/glojeans.

L'ORÉAL

Congratulations to the amazing 2010 **Women of Worth** honorees. These incredible women were honored at an awards dinner to celebrate their many achievements. Visit womenofworth.com to learn more—Because We're All Worth It!



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GUEST JUDGES:



Jared Eng,
FOUNDER OF
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Miranda Cosgrove

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#1 DERMATOLOGIST RECOMMENDED

SPORTY CHIC *for Spring!*

PUMA's new **Women's Soccer Training** collection has everything you need to make you look both fierce on the field and comfy-cool when hanging with the girls—check out my favorites!

XOXO, Amy



seventeen **STYLE PRO**

Made of moisture-wicking material, this cropped tank is perfect when you're playing hard. Also, the back's contrasting pattern will give opponents something to look at as you dribble past!

\$38

Soccer Scimmel

This jacket keeps you prepared for Spring's unpredictable weather and looking cute while you stay warm. Wear over a tank or mini-dress to create an effortlessly cool look.

\$55

Statement Soccer Jacket

King Finale Green

These cleats are super comfy and provide the perfect fit thanks to being made of ultra-soft premium leather. Plus, the contrasting colors really pop—making your goals even more dazzling.

\$130

A flattering fit, zip pockets, and a hem that can be scrunched to taste combine to make the perfect pair of sweats. Throw them on with a fun tee while lounging around or kick it up a notch by pairing with a sparkly tank and wedges for a sassy sporty look.

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Soccer Capri

This versatile tee lets you change colors, giving you two options to rock. It also looks equally great whether you wear it with shorts as you sprint down the field or paired with your favorite jeans for class.

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Soccer ¾ Reversible Tee

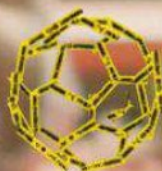
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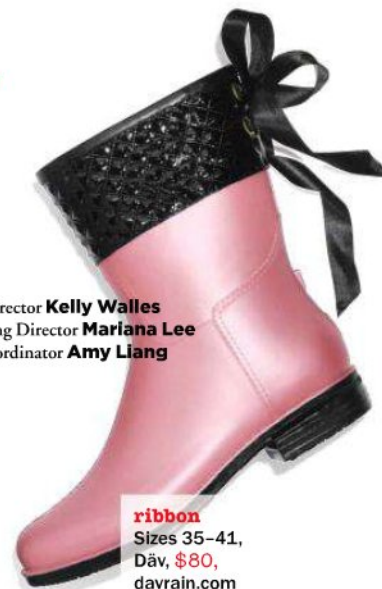
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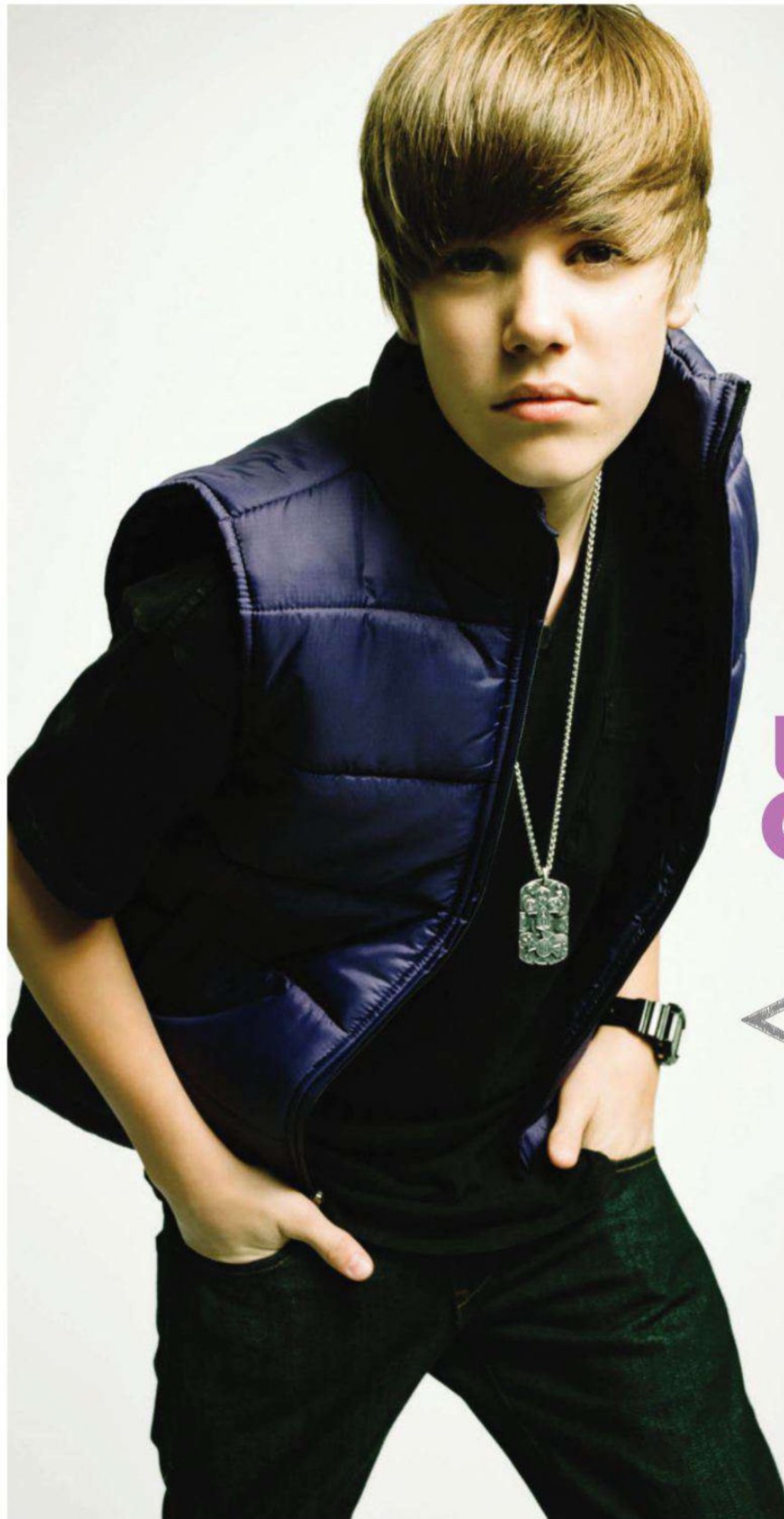


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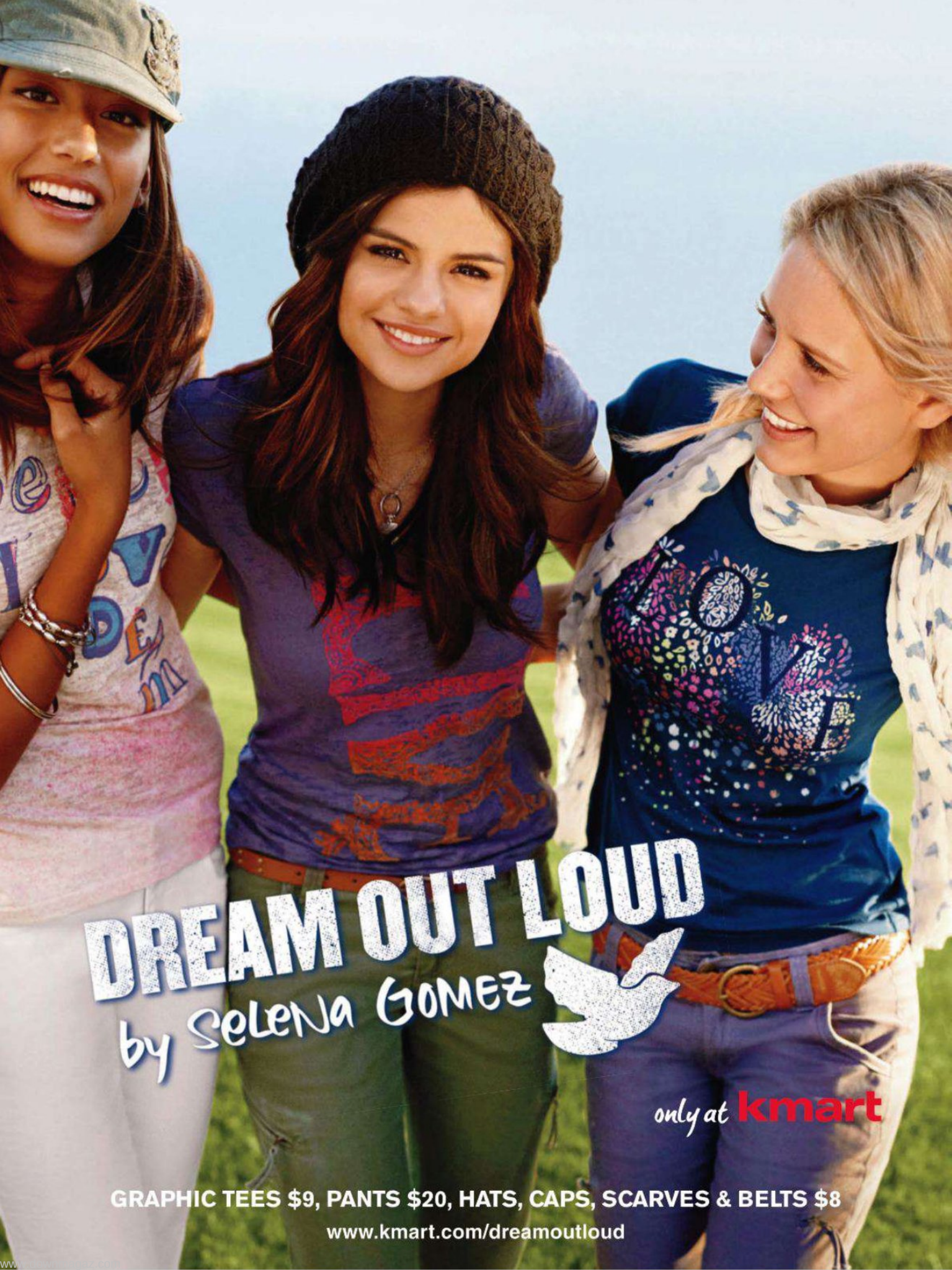
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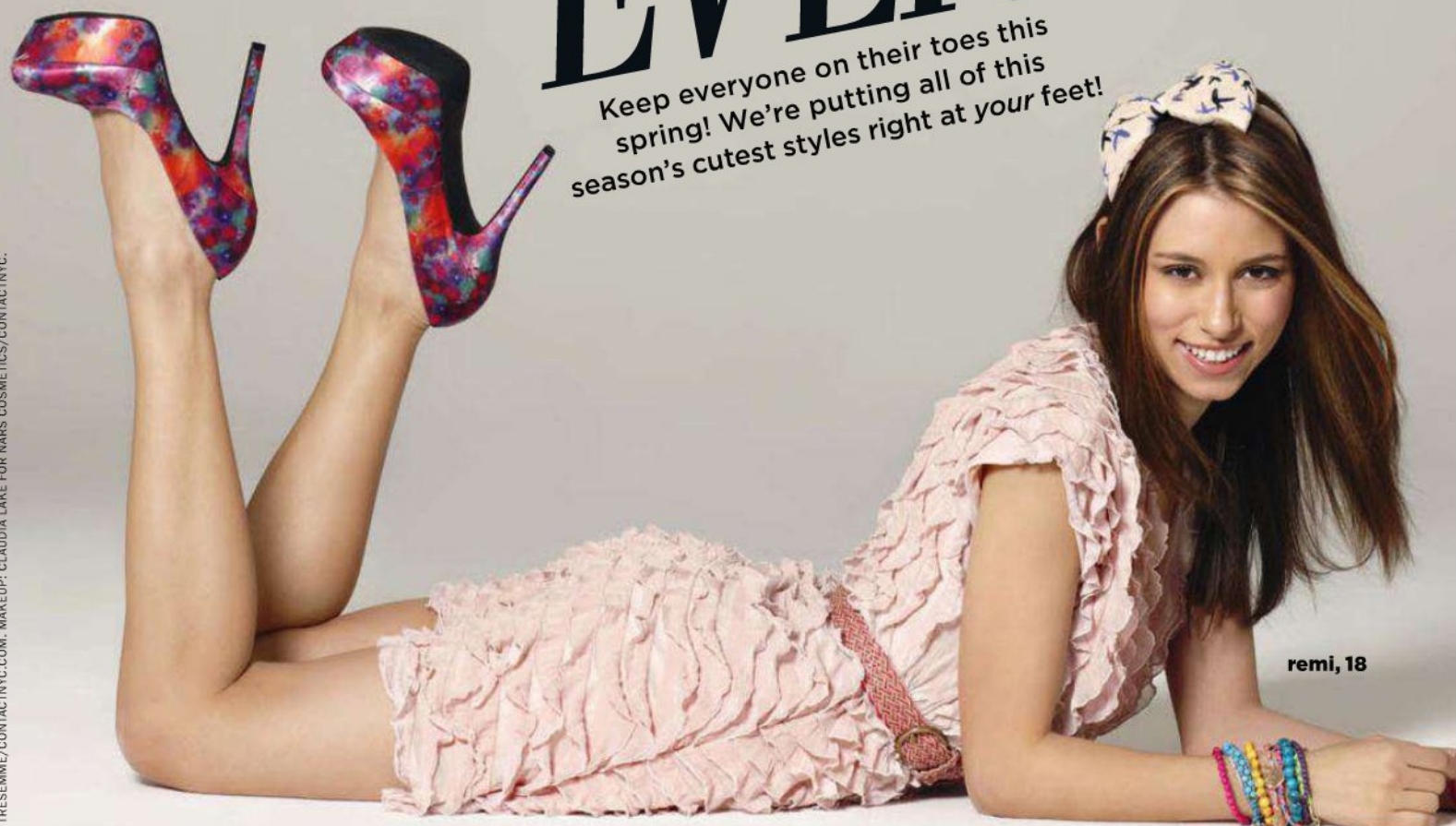
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ivy, 17

wedges

Sizes 6-10, Nine
West, \$89,
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Sizes S-L, Flirt
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flirtcatalog.com.

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Sizes 24-31,
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\$20, Forever 21
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STILETTOS

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Sizes 6-9, Rachel
Rachel Roy, \$119,
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zappos.com



ribbon-tie

Sizes 5-10,
Asos, \$62,
asos.com



girly

Sizes 5½-11,
Rocket Dog,
\$45,
rocketdog.com



flats

Sizes 6-10, Sperry
Top-Sider, \$70,
sperrytopsider.com.

blazer

Sizes S-L, Grass
Collection, \$59,
Macy's.

white t-shirt

Sizes S-L, Urbanog,
\$19, urbanog.com.

orange t-shirt

Sizes XS-L, Stewart
and Brown, \$76,
stewartbrown.com.

shorts

Sizes 0-11, Quiksilver,
\$40, quiksilver.com.

rimmellondon.com

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shirt

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quiksilver.com.

pants

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American Apparel,
\$36,
americanapparel
.net.

HIGH-TOPS



leopard

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\$60, shop.vans.com

pattern mix

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Top-Sider, \$85,
sperrytopsider.com

fluorescent

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DC, \$100,
dcshoes.com

graphic

Sizes 5-11
Marimekko for Converse,
\$80, converse.com

LOW-TOPS



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Sizes 5-11, DC,
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stripes

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Sizes 3½-10, Vans,
\$37, shop.vans.com.

jacket

Sizes XS-XL,
I Heart Ronson,
\$60, jcp.com.

dress

Sizes 2-14, Asos,
\$130, asos.com.



ON IVY: GOLD BOW NECKLACE, LULU'S; ORANGE-AND-BRONZE NECKLACE, FREEDOM BY TOPSHOP; GOLD RING, RACHEL RACHEL ROY.
ON REMI: NECKLACE, DANIELLE STEVENS JEWELRY; BEIGE AND GOLD BRACELETS, SEQUIN; CRYSTAL BRACELET, AMERICAN EAGLE OUTFITTERS.

REACH FOR
THE STARS.

Julianne Hough

Discover lowfat milk's benefits at
bodybymilk.com/juliannehough

got milk?

HEALTHY
LEAN
BEAUTIFUL

SANDALS

embroidery

Sizes 5½–11,
Report Signature,
\$70, reportshoes
.com



tribal

Sizes 6–10,
Nine West,
\$79, ninewest
.com



suede

Sizes 6–10,
Topshop, \$70,
topshop.com



chains

Sizes 5½–11,
Xhilaration,
\$20, target
.com



tie-dye

Sizes 5½–10,
Restricted,
\$70, loris
shoes.com



beaded

Sizes 5½–10½,
Boden, \$98,
bodenusa.com



sandals

Sizes 6–10,
Nine West, \$79,
ninewest.com.

jumper

Sizes 2–12, H&M,
\$40, H&M stores.



ON REMI: NECKLACE, MAKE ME CHIC; BRACELET, ETTIKA; RING, LULU'S.



FRESH PICKED

A COLORFUL NEW COLLECTION, EXCLUSIVELY AT JOURNEYS.

JOURNEYS

CONVERSE

FASHION HAUL!

We found the hottest buys in stores right this second.
Get them now before they're gone!



1

BAND SHORTS

You'll score extra style points with your friends when you wear these high-waisted cuties.

shorts

Sizes 0-13, Material Girl, \$34, Macy's

2



MOD BIKINI

Rock that retro pinup girl look in a modern, sexy way!

bikini

Sizes S-XL, Charlotte Russe, \$19 each piece, Charlotte Russe stores



5

GIANT HOOP EARRINGS

A pair that hangs almost to your shoulders brings all the attention to your face!



earrings
Freedom at
Topshop, \$25,
topshop.com

3

necklace
Mango, \$35,
Mango stores
and
mangoshop.com



BOHO PENDANT

Easiest outfit ever:
Toss this long
necklace over
your favorite tee and
jeans—done!

6

GRAPHIC TOTE

Is it zebra? Tie-dye?!? Who cares? This huge digital-print bag is a major must-have!

tote
H&M, \$50,
H&M stores



LACE DRESS

This sweet dress from H&M would make a totally unexpected (and completely cool!) prom dress!

dress

Sizes 2-10,
H&M, \$60,
H&M stores



**UPTOWN STYLE
DOWN-TO-EARTH PRICES
FROM 99¢ TO \$4.99***



www.newyorkcolor.com

Model is wearing High Definition Separating Mascara Extreme Black, City Duet Eyeshadow Island Sunset, Smooch Proof 16HR Lip Stain Smooch Proof, Skin Matching Foundation Medium. *Prices may vary.

Leighton Meester

sunny steals!

A pair of chic shades instantly steps up your look. Grab a hot new pair—for a cool price!

Selena Gomez

\$20 & under

\$19

wayfarer
Relativity, \$19,
bonton.com



\$20

tortoise-shell
Aéropostale,
\$20,
aeropostale.com



\$16

square
Make Me Chic,
\$16,
makemechic.com



\$16

cat-eye
Girlprops, \$16,
girlprops.com



\$8

neon
Urbanog, \$8,
urbanog.com



\$9

aviator
Lulu's, \$9,
lulus.com

Rihanna

checkitout!
sweeps • events • promotions
Visit seventeen.com/checkitout for more.

Keds "How Do You Do?" Contest

Whether it's designing your own clothes or volunteering with your favorite charity, Keds is giving you the chance to show us how you **create**, **collaborate**, or **contribute** in your own unique way.

Go to seventeen.com/keds to upload a **photo** and describe in **50 words or less** what inspires you to "do what you do" for the chance to win a **\$1000 grand prize** or one of three **\$500 2nd prizes** to put towards your passion!



The Original Sneaker®
Est. 1916

Keds

NO PURCHASE NECESSARY TO ENTER OR WIN. Keds "How Do You Do?" Contest. Sponsored by Hearst Communications, Inc. Beginning 3/8/11 at 12:01 AM (ET) through 4/18/11 at 11:59 PM (ET) go to www.seventeen.com/keds and complete and submit the entry form pursuant to the onscreen instructions. All entries must include a high-resolution color photo and description in 50 words or less, explaining how you "do what (you) do" to create, collaborate, and/or contribute in your community. Must be female, 13-24 years of age, and a resident of the 50 United States, Puerto Rico, District of Columbia, or Canada. Void in Quebec Province and where prohibited by law. Contest is subject to complete official rules available at www.seventeen.com/keds.

ACUVUE® Brand "Picture Perfect" Sweepstakes

When you feel your best, the world takes notice. That's why **ACUVUE® Brand Contact Lenses** believes that everyone deserves to have the confidence to be their best! ACUVUE® Brand is excited to team up with *Seventeen* to bring you **"Picture Perfect" Prom**, an exclusive custom prom makeover sweepstakes designed to inspire confidence and help girls look and feel their best. Learn more about ACUVUE® at Acuvue.com.

So ditch those frames and enter to win the **"Picture Perfect" Prom Sweepstakes!** Go to seventeen.com/acuvue and you could score a year supply of **1-Day ACUVUE® MOIST® Brand Contact Lenses**, a **\$300 shopping spree** to find the perfect dress, a **Prom Makeover**, **limo service**, and **The Flip™** camera to capture all the unforgettable memories of the big night!



NO PURCHASE NECESSARY TO ENTER OR WIN THE ACUVUE® Brand PICTURE PERFECT SWEEPSTAKES. Sponsored by Hearst Communications, Inc. Go online to seventeen.com/acuvue to enter. Sweepstakes begins at 12:01 a.m. ET on March 8, 2011 and ends at 11:59 p.m. ET on April 18, 2011. One (1) winner will receive a one-year supply of 1-DAY ACUVUE® MOIST® Brand Contact Lenses (\$560, Exam and fitting fees not included. Winner must present current, valid prescription for 1-DAY ACUVUE® MOIST® Brand Contact Lenses), \$300, a makeover (\$500), roundtrip limo service (4 total hours maximum) for the night of Prom (\$300), and a Flip camera (\$150). Total ARV for prize awarded: \$1,810. Odds of winning will depend upon the total number of eligible entries received. Must be female, 14-20 years old and a legal resident of the 50 United States, District of Columbia, or Puerto Rico. Void where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/acuvue.

Neutrogena SkinClearing® Oil-Free Makeup

Don't just cover up. Clear up!

Exclusive formula with proven **Neutrogena** acne-fighting technology gives beautifully natural coverage while working undercover to clear breakouts. In fact, in a clinical study, 100% of women had improved skin over time. Finally, a makeup that helps skin **look** clearer while it **gets** clearer.

Learn more at Neutrogena.com/Cosmetics

Neutrogena®
Cosmetics
#1 dermatologist recommended



Seventeen Style Pros

Check out **"Seventeen Style Pros"** on Facebook and "Like" us NOW to get notified about exciting **contests** and **sweepstakes**, exclusive **event pics**, and the latest **style trends!**



Ready to
**Become
a Star?**

This is Your Chance!

**BARBIZON & SEVENTEEN
MAGAZINE** are teaming up
to discover fresh, new faces.

One lucky winner will receive a **trip to New York City** for a photo shoot with a **Seventeen Style Pro** and **appear in this magazine** in the fall.



Enter Now!

For more information on how to enter and contest rules, log on to seventeenbarbizoncontest.com or call **1-800-866-6335**.

Over the past 70 years, Barbizon has trained students in the areas of modeling, acting, and personal development. Now in over 200 cities, visit our location finder to find yours or contact us for more information.

Barbizon ★

seventeenbarbizoncontest.com

ultimate
SHOPPING
guide!

CLICK FOR cute style!

Browsing for a new look has never been so fun! Here are all the best sites to bookmark for inspiration.

express yourself!

polyvore.com

You don't have to *shop* to perfect your look! Here, you can create a board with all the stuff you want this season—and get ideas from other girls' sets!



get creative!

etsy.com

Stand out from the crowd in a unique handmade piece from Etsy. We particularly love the designs from Sypria and from **Tonie Zamora at CommonItemsEtsy**, like this cool OMG ring! Have your own designs? You can sell your stuff there, too!



dresses under \$100!

tulle4us.com

This site has tons of fun little dresses. Pick as many as you like—they're all under \$100!

20% OFF
tulle4us.com

Enter discount code SEVENTEEN at checkout to receive 20% off. Coupon valid through April 10, 2011.

dress
Sizes XS–XL,
Tulle, \$48,
tulle4us.com



"Don't be governed by trends—be inspired by them! While it's important to know what's in or not, wear only what you love and what looks best on you."

**REAL-GIRL
BLOGGER**

trend expert

cupcakesandcashmere.com

Name: Emily

Favorite places to shop online:

pixiemarket.com for under-the-radar brands at good prices, **shopbop.com** for basics and sunglasses, and **forever21.com** for trendy accessories that won't break the bank.

My online shopping advice: "I like to follow trendsetters like @ElizandJames and @Refinery29 on Twitter to keep up with the lust-worthy items they're into. Even if I can't afford the same designer boots they want, I can shop around and find something similar!"



STILL LIVES: JESUS AYALA/STUDIO D. STILL LIVES STYLING: CLAIRE TEDALDI FOR HALLEY RESOURCES. ETSY PHOTO: COURTESY OF TONIE. CUPCAKESANDCASHMERE PHOTO: COURTESY OF EMILY.



find your magic[★]

Macy's makes it easier than ever with Spring's must-have trends plus expert tips on how to put them all together. To shop, explore & more, visit macys.com/findyourmagic

GUESS

Ruffled floral triangle

bra top. \$45.

Matching side tie bikini.

\$37. Juniors.



FIND MACY'S EVERYWHERE!

Shop, share and connect anytime.



the magic of

macys[★]
.com

"I like taking lower-price items and making them *look* expensive and chic!"



REAL-GIRL
BLOGGER:

budget expert!

saucyglossie.com

Name: Lindsey

Favorite places to shop online:

lulus.com and **baublebar.com** for cute jewelry, and **asos.com** for dresses and accessories.

My online shopping advice:

"Shop a blogger's closet! Most bloggers have online shops on their sites where they sell their used clothes for cheap. If you like her blog, you'll like the things in her closet! I've seen such cute designer pieces sell for so little!"

get celeb secrets!
whowhatwear.com

Stop here to find out what designers your favorite celebs are wearing and to meet the fashion-y stars you'll be obsessed with tomorrow!

ACCESSORY report



Elle Fanning



go shoe crazy!
zappos.com

Not only does this site have the most options, but it also has the best customer service! You have a year to return stuff, and shipping is always completely free!

WIN
A \$100
GIFT CARD!

Two readers will win a \$100 gift card from zappos.com. Go to seventeen.com/freebies to enter to win.

wedges
Sizes 5½-11,
Report
Signature,
\$110



search and find!

boutiques.com

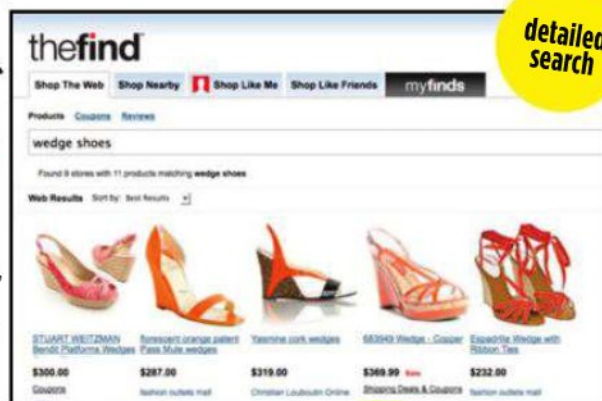
Check out what your **favorite celebs**, like Emma Roberts, have on their shopping wish lists, then see tons of options for similar stuff that *you* can buy!



find your
style vibe

thefind.com

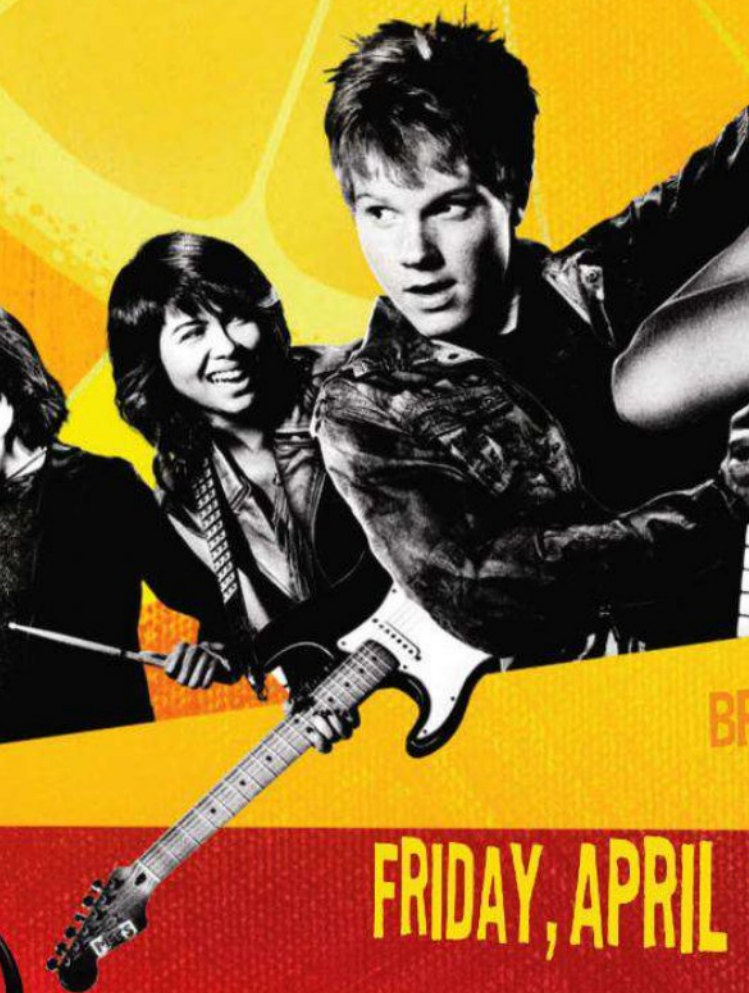
When you want to **shop close to home**, this site can help. Type in what you want (and even narrow it down by color), and it'll show you where you can find the piece in your neighborhood!



detailed
search

BAND TOGETHER

Disney
**LEMONADE
MOUTH**



STARRING
BRIDGIT MENDLER
AND **ADAM HICKS**

FRIDAY, APRIL 15 AT 8PM/7C

SOUNDTRACK AVAILABLE APRIL 12



DisneyChannel.com



soft cup
Sizes S-L,
Cosabella, \$40



underwire
Sizes 32B-36DD,
DKNY, \$40



bralette
Sizes XS-M,
Hanky Panky,
\$54

find the perfect bra!

bare necessities.com

Score the perfect bra for you from any of your fave brands—you'll find every size here, from 30AA to 56J!



20% OFF
lulus.com

Enter discount code SEVENTEEN at checkout to receive 20% off. Coupon valid through April 10, 2011.

shirt
Sizes S-L,
Lulu's, \$47,
lulus.com

coupon blowout!

retailmenot.com

Before you check out on any online store, check in here—they round up coupon codes from all over the Internet!

steal outfit ideas!

chictopia.com



Browse pics of real-girl style icons in their best looks! Then get advice about how they put everything together.

Chictopia member
Fancytreehouse

build a new look!

looklet.com

Looklet's Dress Yourself application lets you pick a model and virtually put pieces together to create chic outfits!



"The easiest way to put a little uniqueness into a plain outfit is with a vintage accessory!"



**REAL-GIRL
BLOGGER:**

vintage expert!

styleisstyle.blogspot.com

Name: Lydia

Favorite places to shop online:

modcloth.com for window-shopping and great shoes, and **shopramonawest.com** for the coolest selection of vintage stuff.

My online shopping advice: "Sizes on vintage stuff can be weird—so pay attention to the measurements the seller gives you, not the size! If measurements aren't offered, ask for them before you buy!"

SHOP WITH SEVENTEEN

Go to **seventeen.com/springpicks**. Our editors picked the cutest new stuff online that you need right now!



be colorful.

Vera Bradley

verabradley.com

GET DECKED OUT

@ JOURNEYS

WEAR

The Journeys Spring 2011 Fashion Sweepstakes

You could win ten pairs of shoes* from our Spring 2011 shoe collection from Journeys! Enter to win the "Spring 2011 Fashion Sweepstakes" at Journeys.com/seventeen.

*No purchase necessary to enter or win the Journeys "Spring 2011 Fashion Sweepstakes" sponsored by Journeys. Go to journeys.com/seventeen and complete and submit the entry form beginning at 12:01 AM EST March 1, 2011 and ending at 11:59 PM EST April 30, 2011. Odds of winning will depend on number of eligible entries received. Sweepstakes open to all legal residents of the 50 United States and the District of Columbia, ages 13 and older. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at journeys.com/seventeen.



shop

Scan using your mobile phone & shop this collection

<http://bit.ly/JY17SPRING11>

not rated

101 Macrame / #912067

The Macrame from Not Rated is fashioned with a fun, macrame design and is cut a little lower around the collar. Perfect with slacks or skinny jeans.

Sanuk

102 I'm Game / #171530

When you go on safari you'll be a little more comfy with Sanuks that feature frayed canvas and an insanely comfortable footbed.

MINNETONKA

103 Carmela / #137054

The Carmela suede fringed cuffed sandal has matching suede bow, fringe and beading detail. This flat has back zip for ease of fit and a padded foot bed for comfort.

Keds

104 Not Too Shabby / #417091

Keds offers a new twist on casual cool, with a super soft distressed canvas upper on the famous Champion outsole.

ROCKETDOG

105 Clover / #680420

Every stylist loves a good animal print and there's no better way to make a statement than with an animalistic pair of flats.

RAINBOW SANDALS

106 301 / #930020

The 301 Premier Leather sandal looks great with any outfit and becomes more comfortable the more you wear them.

MIA

107 Veranda / #638560

Get decked out, hit the scene and leave your mark in this strappy mini wedge from Mia.

Dr. Martens

108 Eclectic / #569402

The Eclectic Shoreditch 7-eye boot in Cherry Red is inspired by Dr. Marten's classic style updated in canvas to make it lightweight without compromising durability.

ROXY

109 Tide / #468211

Mixing it up is Flippin' Great! Think new themes and new schemes this spring with the Roxy Tide flip flop.

DC

110 Chelsea / #351703 *exclusive*

Bright, colorful and cheery, DC's always-popular Chelsea low-top sneaker will put an extra spring in your step this season!



LIKE. FOLLOW. WATCH. PLAY.

SHOP US 5 WAYS: IN-STORE | ONLINE | MOBILE | CATALOG | ORDER BY PHONE

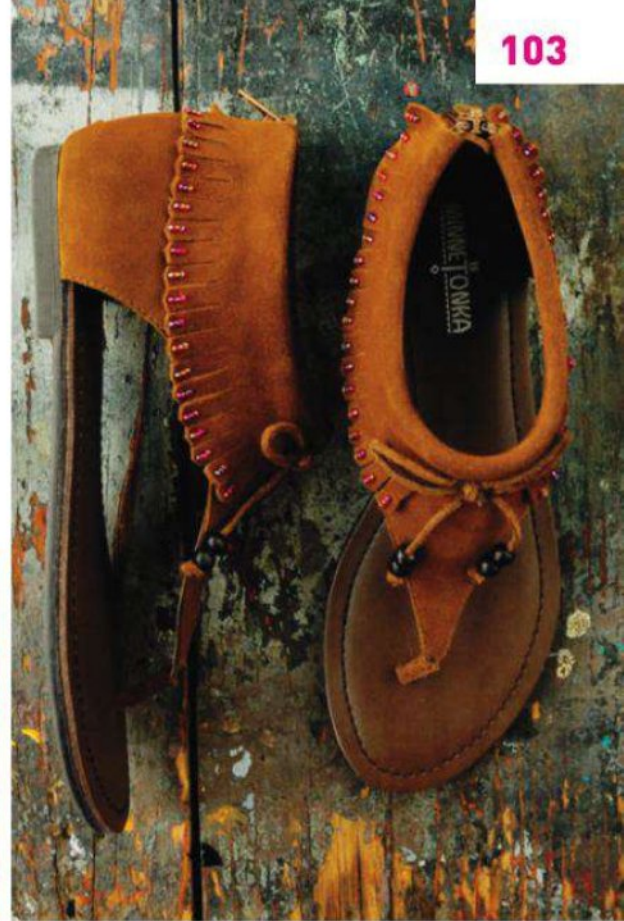
101



102



103



104



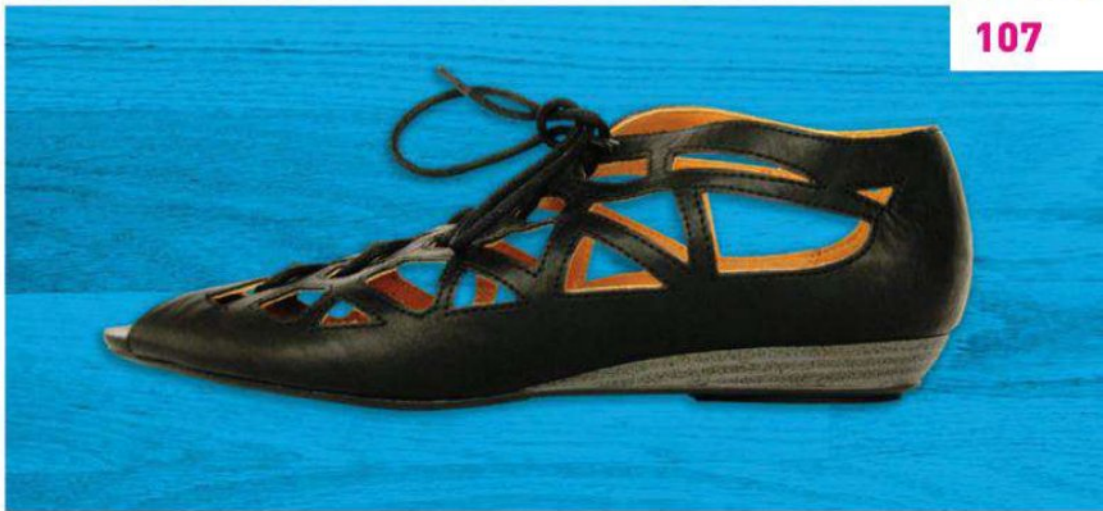
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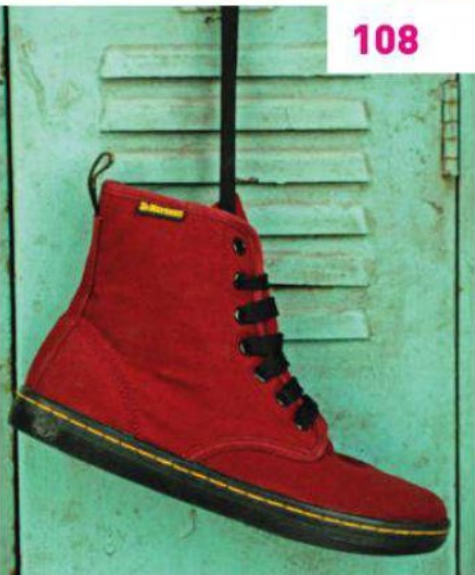
106



107



108



109



110



AN ATTITUDE YOU CAN WEAR!

JOURNEYS

**HOT CELEB,
CUTE TREND!**

shoes to **die** for!

Accessory-obsessed **Kat Graham** of *The Vampire Diaries* takes a bite out of spring's sexy statement shoes: killer platforms.

KAT'S STATS

AGE: 21 **HOMETOWN:** Geneva, Switzerland **WHERE YOU'LL FIND HER:** casting spells as Bonnie, the strong-willed witch on The CW's *The Vampire Diaries*, Thursdays at 8-9c. **FUN FACT:** She was in Justin Bieber's "Somebody to Love" video!

“A great pair of shoes can affect your whole attitude. I love the majorly high wedge on these—they make me feel daring!”

—KAT GRAHAM

python

Sizes 5½–11,
Report Signature, \$225,
reportshoes.com

MORE PLATFORM WEDGES!

suede

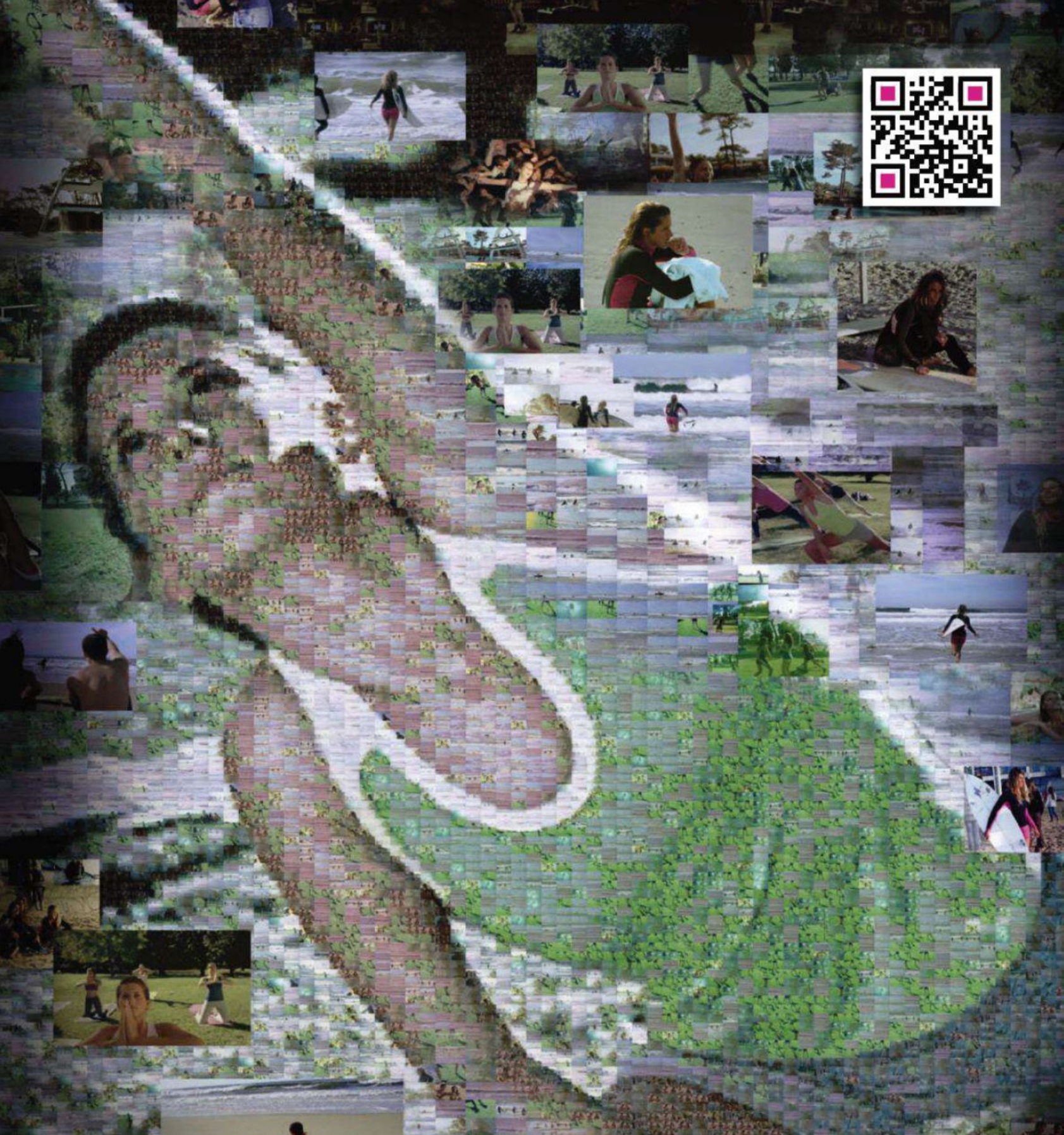
Sizes 6–10,
Jeffrey Campbell,
\$140, lulus.com

tribal

Sizes 5–10,
Joe's Jeans, \$165,
amazon.com

wood

Sizes 5½–11½,
Topshop, \$135,
topshop.com



IT'S YOUR WORLD • OWN IT WITH CONFIDENCE
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• ANTI-LEAK BACKUP LAYER



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the hottest trend for *your* **body!**

The perfect spring piece can work double-duty: It will update your wardrobe *and* transform your figure. Find your best piece here!

petite

alexis, 19

TREND:

tie-waist dress

Create an hourglass shape with a cinched waist and a full skirt to add amazing curves on your small frame.

dress

Sizes XS–L, Johnnie B, \$36, bodenusa.com

DESIGNER INSPIRATION



DKNY

necklace

Lulu's, \$20,
lulus.com.

bracelets

Aéropostale,
\$15 each,
aeropostale.com.

socks

American Apparel,
\$8, american
apparel.net.

shoes

Sizes 6–10,
Guess, \$110,
Guess stores.

wear it with...



earrings
Kenneth Cole,
\$30,
kennethcole.com

Dangling earrings actually elongate your tiny frame.



jacket

Sizes XS–XL, Allen B by Allen Schwartz
for JCPenney, \$41, JCPenney

Look for one with narrow shoulders, so it doesn't overpower you.



booties

Sizes 5–11,
Lulu's, \$39,
lulus.com

Boost height with studded platform booties!

PROMOTION

Melanie, 18

STYLE PULSE AMERICAN RAG CIE 1984

Seventeen Style Council members Chelsea, Melanie and Michelle are hitting the festival circuit for **American Rag** this spring.

They'll be traveling to some of the hottest music concerts, delivering the scoop on red-hot festival fashion and emerging music trends. Stay on the scene as they report from **Bamboozle** and **Warped Tour** exclusively for **Ragged Mag.com**



Chelsea, 21

Michelle, 17

WIN the ultimate music festival experience

Enter for your chance to win the **StylePulse Sweepstakes**.

It's the **ULTIMATE** music festival experience for you and a friend! The **winner** will join one of our Style Council members at the **Warped Tour in NY** on July 23.

To enter, go to seventeen.com/americanrag.

GRAND PRIZE INCLUDES:

- Roundtrip airfare and transportation for 2
- Two nights' stay in a hip NYC hotel
- Two VIP tickets to Vans Warped Tour
- Two \$500 wardrobes from American Rag

Sweepstakes entry open 3/8 – 4/18/11

NO PURCHASE NECESSARY TO ENTER OR WIN AMERICAN RAG "STYLEPULSE" SWEEPSTAKES. Sponsored by Hearst Communications, Inc. Go online to seventeen.com/americanrag to enter. Sweepstakes begins at 12:01 a.m. ET on March 8, 2011 and ends at 11:59 p.m. ET on April 18, 2011. One (1) winner will receive a trip for two to NYC for a two (2) night stay, two (2) VIP tickets to 2011 Vans Warped Tour in NY on July 23, 2011, two (2) \$500 Macy's gift cards, and \$500 spending money. Odds of winning will depend upon the total number of eligible entries received. Must be 13-24 years old and a legal resident of the 50 United States, Puerto Rico or District of Columbia. Void where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/americanrag.

AVAILABLE ONLY AT MACY'S
AND MACYS.COM

curvy

TREND:

A-line maxidress

The shape flows loosely over your tummy, but the Empire waist gives you pretty definition.

dress

Sizes S-L, Pure Energy at Target,
\$30, target.com

DESIGNER INSPIRATION

Charlotte Ronson



necklaces

Gold chain,
BCBGeneration, \$48,
BCBGeneration stores;
beaded necklace,
Make Me Chic, \$15,
makemechic.com.

bangles

H&M, \$13 for set of
seven, H&M stores.

sandals

Sizes 5-11,
Enzo Angiolini, \$89,
piperlime.com.

caralyn, 19

wear it with...



camisole
Sizes XS-XL,
Torrid, \$18,
torrid.com

A bright cami adds a pop of color to frame your face.



scarf
Tolani, \$85,
blacklabelboutique.com

A thin scarf hanging straight down gives your body a long, lean line.



wedges
Sizes 5-11,
Nine West,
\$99,
ninewest.com

Stretch out your curves with shoes that instantly lengthen you.

Ever ride through a whirlpool
on an electric eel?



Ever tried New  Gum?

Stimulate Your Senses®
facebook.com/5Gum

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and all affiliated designs are registered trademarks of the Wm. Wrigley Jr. Company.

pear

TREND:

textured layers

A floaty mix of long, layered tunics creates an effortless boho look that streamlines your hips and tush (without covering you up)!

tunic

Sizes S-XL, Cupio, \$69, Dillard's

DESIGNER INSPIRATION



Alexander Wang

tank

Sizes XS-L, Piko, \$22, chickdowntown.com

jeans

Sizes 1-15, Vanilla Star Jeans, \$38, Tilly's stores

bangles

Wet Seal, \$13 for set of seven, wetseal.com

heels

Sizes 6-10, Chinese Laundry, \$69, chineselaundry.com

shanice, 19

wear it with...

necklace

Freedom at Topshop, \$35, topshop.com



Draw attention to your top half with an eye-catching necklace.



A $\frac{3}{4}$ -length jacket camouflages your hips without hiding your shape.

jacket

Sizes XS-XL, A.n.a, \$30, JCPenney and jcp.com

heels

Sizes 6-10, Call It Spring, \$50, JCPenney



Killer heels lift your butt and thin your thighs!



Jessica Simpson

FOOTWEAR JEANSWEAR HANDBAGS DRESSES EYEWEAR OUTERWEAR LEGWEAR JEWELRY SWIMWEAR INTIMATES FRAGRANCE LUGGAGE ACCESSORIES
AVAILABLE AT JESSICASIMPSONCOLLECTION.COM AND DILLARD'S

More at magazinesdownload.com or ebook-free-download.net

tall

TREND: cropped khakis

The soft shape keeps you from looking too long—the crop shows off a flirty peek of leg!

pants
Sizes 0–13, Roxy, \$45, roxy.com

DESIGNER INSPIRATION



Isabel Marant

shirt
Sizes S–L, Line & Dot, \$83, thelineanddot.com.

tank
Sizes XS–XL, Aéropostale, \$20, aeropostale.com.

bracelets
Peacock bangle, Decree, \$12, JCPenney; turquoise bangle, Afaze, \$10 for set of seven, afaze.com.

shoes
Sizes 5½–10, Urbanog, \$28, urbanog.com.

blythe, 18



wear it with...

tank
Sizes XS–XL,
JACHS Shirt
Co., \$59,
shopwishlist
.com



A hip-length tank makes your top and bottom halves look balanced.

belt
Jessica Simpson
Collection, \$34,
jessicasimpsoncollection
.com



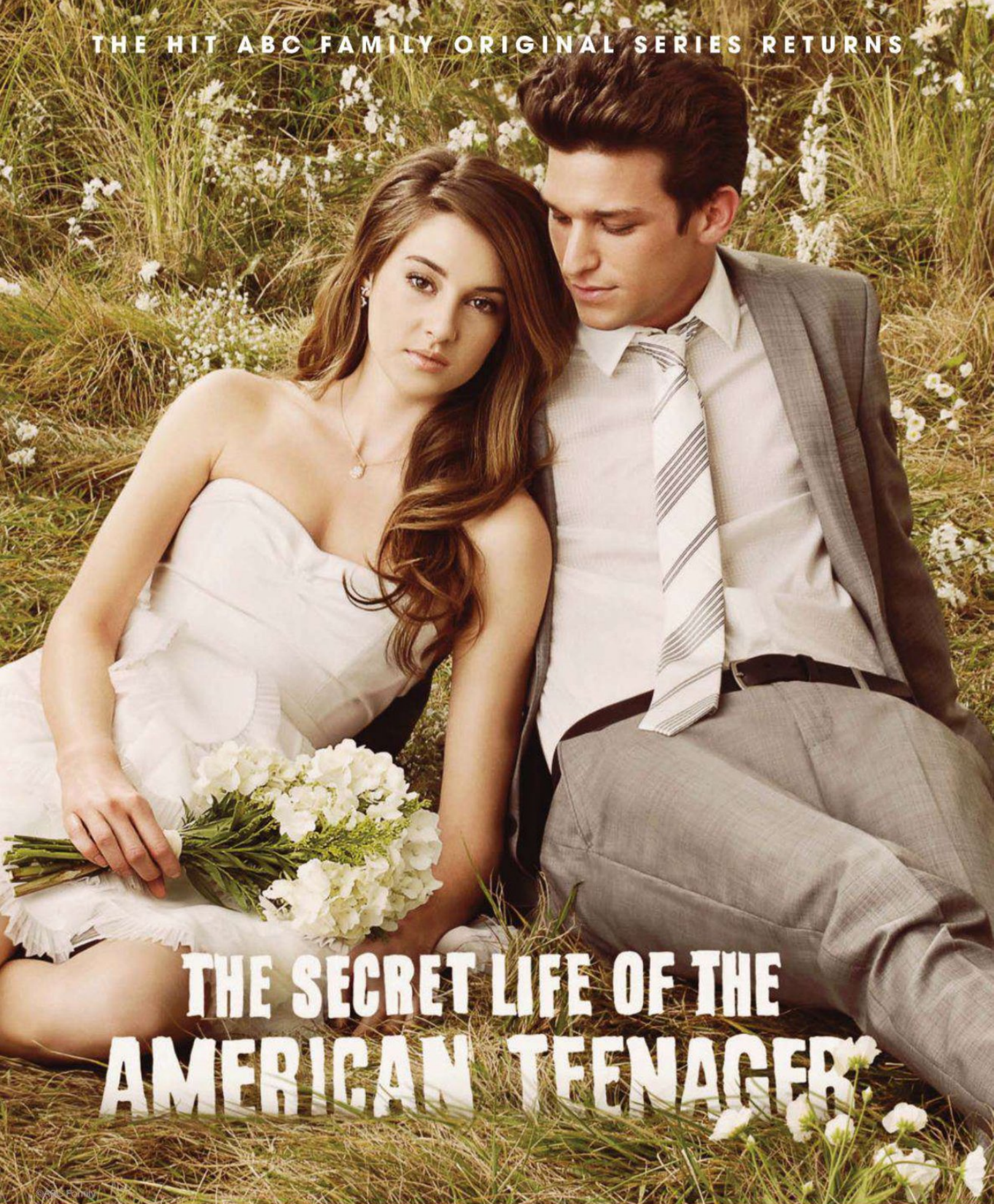
Add a wide belt to highlight your waist so your look isn't too boxy.

sandals
Sizes 5–11,
Nine West,
\$99,
ninenwest.com



Your long frame can pull off these cool ankle wraps!

THE HIT ABC FAMILY ORIGINAL SERIES RETURNS



THE SECRET LIFE OF THE AMERICAN TEENAGER

premieres march 28
mondays at 8/7c

abc family
a new kind of family

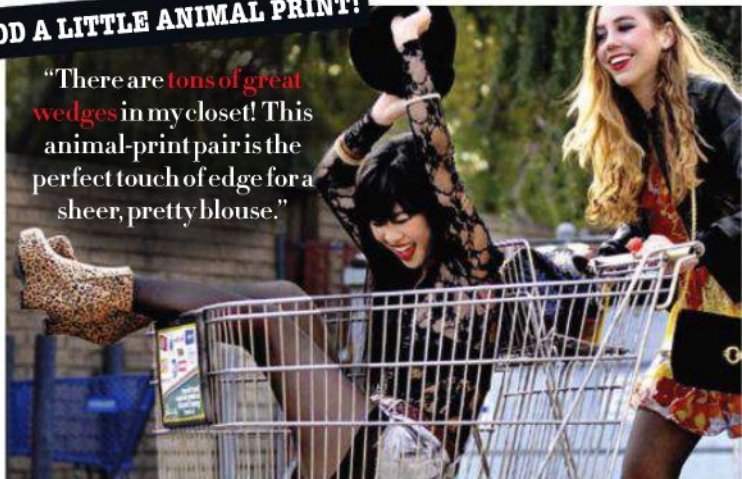
Her Style

This month's style crush is quirky, flirty, and cool—and she's showing you the surprising tricks that can step up *your* style.

name: Natalie
age: 17
city: Sunnyvale, CA
where you'll find her: lavagabondadame.blogspot.com
stores she **asos.com, 80spurple.com, Buffalo Exchange**
designers she **Alexander Wang, Rodarte**
style icons she **Lily Donaldson, Erin Wasson, Alexa Chung**

✓ ADD A LITTLE ANIMAL PRINT!

"There are **tons** of great **wedges** in my closet! This animal-print pair is the perfect touch of edge for a sheer, pretty blouse."



✓ DIY DESIGNER STYLE!

"I love Alexander Wang's studded bags, but I can't afford them. Instead, I buy leather bags at thrift shops and **stud them** myself."



bag Armani Exchange, \$98, armanisexchange.com.
studs Studs and Spikes, \$7 for bag of 25, studsandspikes.com.

maxiskirt (comes with belt)

Sizes XS-L, Forever 21, \$20, select Forever 21 stores and forever21.com



✓ TRY A SLEEK MAXISKIRT!

"Stripes are supposed to make you look wider, but this long, narrow shape **hugs my body** and makes me look **taller!**"



✓ ROCK RED LIPS!

"I like how red lipstick contrasts with my jet-black hair. It gives even the most minimalist look some major **oomph**."



lipstick
Chanel Rouge
Coco Hydrating
Creme Lip Color
in Paris, \$32,
chanel.com

✓ FALL IN LOVE WITH CLOGS!

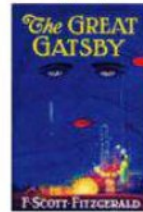


clogs
Sizes 6-11,
Call It Spring,
\$60, select
JCPenney

"I love clogs **so** much. They're **extremely comfortable** to walk in—I cannot walk in stilettos—but I also like that they show off my **retro side**."

✓ FIND VINTAGE INSPIRATION!

"Daisy in *The Great Gatsby* has such a **romantic, feminine look**, in her white dresses and pale colors. I love that palette and wear a lot of camel, gray, and light pink."





Just
download it
FREE from
the App Store™
and start
shopping!

Spring Ahead

Get ready for spring with the best new looks of the season. We've got tons of hot **tops**, **bottoms**, **jewelry** and **shoes** that will look great and keep you cool as the weather heats up!

Get your all-access pass to the spring collection of **American Rag**. With premium denim, boho maxi dresses and vintage-inspired floral prints, the American Rag Guide has everything you'll need to rock this year's music festivals in style.

AMERICAN RAG CIE 1984

Get decked out at **Journeys**! Check out all of our latest spring styles including party heels, wedges, sandals, sneakers and awesome accessories!

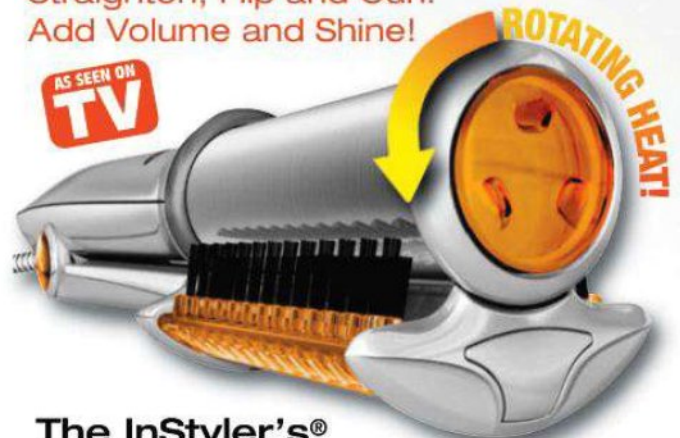


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beauty

THE
HAIR
ISSUE

amazing

hair

secrets!

Forget a good hair day—it's going to be a great hair year! We've got the inside scoop on how to make your locks healthy and gorgeous forever.

INSIDE: hot trends • easy styles • new cuts • incredible shine & MORE!

MAIN PHOTO: SABINE LIEWALD. FASHION STYLIST: MEGAN ROSS AT FACTORY DOWNTOWN. HAIR: TED GIBSON FOR TEDGIBSONBEAUTY.COM. MAKEUP: SUSAN GORDANO FOR DIOR BEAUTY AT KRAMER + KRAMER. MANICURE: ELLIE FOR ARTISTSBYTIMOTHYPRANO.COM. ON MODEL: TOP, HAZEL; NECKLACE, ALEXANDRA BETH.

your ULTIMATE trend report!

Once you work these hot new tricks into your routine, everyone will want to steal your style! BY meredith gray



artsy

try: L. Erickson
Rectangle Barrette in
Sorbet Blueberry,
\$18, franceluxe.com

edgy

try: Goody Modern
Organica Blended
Elements Barrette in
Purple, \$6, Target stores

playful

try: Cynthia Rowley
Oversized Lucite
Barrette in Blue, \$75,
cynthiarowley.com

bold

BARRETTES

**DITCH THE DAINTY STUFF—THIS SEASON'S
OVERSIZE CLIPS MAKE A BIG IMPACT!**

17 TIP:

If your style won't stay secured in one barrette, slip a bobby pin between your hair and the metal clip to prevent it from slipping.



polished

try: Scünci Effortless
Beauty Barrette, \$3,
drugstores

RUNWAY



CAROLINA HERRERA

17 WAY



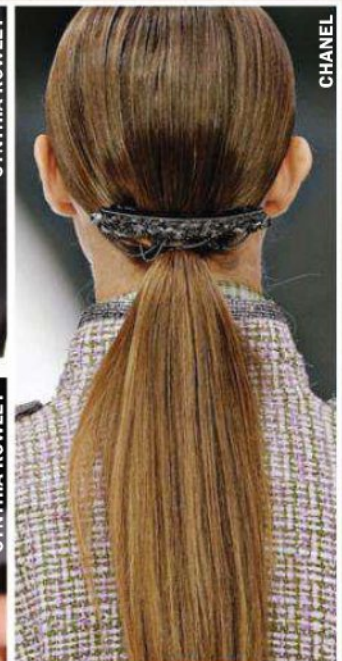
try: Jennifer
Ouellette Rafia
Barrette in
Cherry, \$30,
jenniferouellette.com



CYNTHIA ROWLEY



CYNTHIA ROWLEY



CHANEL

MAIN PHOTOS: PETER ROSA/STUDIO D; FASHION STYLIST: CHRIS LLOYD AT MARILYN BALLARD; HAIR: DAMIAN MONZILLO FOR DAVINES HAIRCARE AT BEAUTYWINGNY.COM; MAKEUP: SUSAN MCCARTHY FOR DIOR AT RAYBROWNPRO.COM; ON MODEL: (17 WAY) TANK, LUSH; EARRINGS: ALEXANDRA BETH; STILL LIVES: (CYNTHIA ROWLEY AND SCÜNCI BARRETTES) DON PENNY/STUDIO D; (ALL OTHERS) J MUCKLE/STUDIO D; RUNWAY PHOTOS: (CYNTHIA ROWLEY) BRYAN BEDDER/GETTY IMAGES FOR IMG (2); (CAROLINA HERRERA AND CHANEL) IMAXTREE.COM/ANDREA ADRIANI (2).



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THE ONE SWEEP[™] EYE SHADOW

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and highlight in
just one sweep.

Now, a beautiful, professional look
from our one-of-a-kind applicator.
8 expertly coordinated palettes enhance
eye color like no other shadows can.



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SWEEP DOWN



SWEEP ACROSS



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L'ORÉAL[®] PARIS



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lorealparis.com/studiosecrets

Freida is wearing The One Sweep Eye Shadow in Playful for All Eyes (829).
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skinny BRAIDS

RANDOM OR PERFECTLY
PLACED, THEY GIVE ANY STYLE
A LITTLE TWIST!

RUNWAY



BACKSTAGE SECRETS:

- ✓ **Get messy!** Braids look best when they're not too perfect—don't fret if you have flyaways.
- ✓ **Nix elastics.** Rubber bands look clunky at the ends. Just mist on a heat protectant, then clamp the ends with a flat-iron for five seconds to seal them.
- ✓ **Build texture.** Apply a dollop of texturizing cream to give your hair movement so the braids feel like an organic part of your style. Then blow-dry and finish off with strong-hold hairspray.



try: Cricket Friction Free
Mini Flat Iron, \$40,
beautyneeds.com

try: Bumble and
Bumble Texture
Hair (Un)dressing
Creme, \$26,
bumbleandbumble
.com



try: Tresemmé
Climate Control
Finishing Spray,
\$5, drugstores

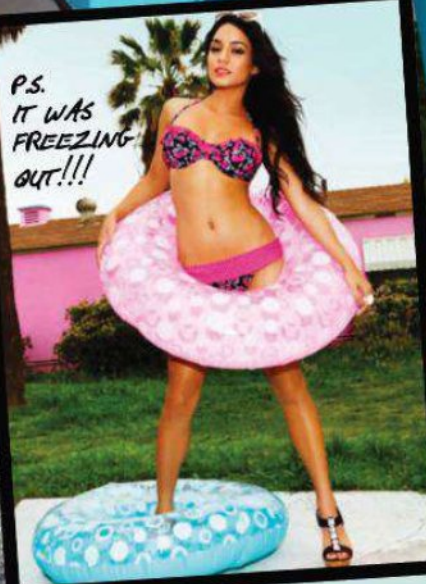


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MOTEL...
STOPPING
TRAFFIC!

BEHIND THE SCENES WITH
VANESSA HUDGENS



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FREEZING
OUT!!!



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NAILS DONE
ON SET!



Pink Motel

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KOHL'S.COM/CANDIES

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TWITTER.COM/CANDIESBRAND

crimped **TWIST**

THIS MEGA ROLL IS
JUST THE RIGHT MIX OF
ROCK AND ROMANTIC!



17 WAY

try: Conair
Styling
Essentials Bobby
Pins, \$3 for
pack of 60,
drugstores

HOW-TO:

1 Mist a heat-protecting
shine spray all over
dry hair, then use a
crimping iron on one-inch
sections at a time. Make a
center part.

2 Starting at the part,
roll one side of
your hair back and
outward along your hairline,
pinning it against your head
every two inches. When you
reach your ear, secure the
twist with a final pin and
leave the rest loose. Repeat
on other side.

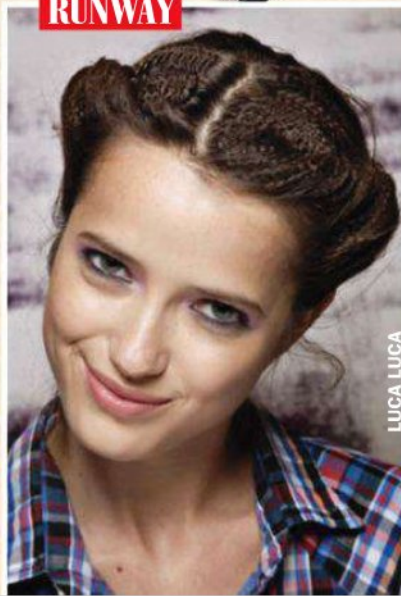
3 Gather the remaining
loose hair into a low
bun and secure with
bobby pins.

try: Pantene Pro-V Medium-Thick
Hair Solutions Heat Protection & Shine
Spray, \$6, drugstores



try: Hot Tools
Professional
Crimper, \$40,
hottools.com

RUNWAY



LUCA LUCA



3.1 PHILLIP LIM



YVES SAINT LAURENT



LUCA LUCA

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right hair, right now

PART 2: **[spring into style!]**

Get inspired by these spring 'dos, and find the perfect style for your hair type.

BROUGHT TO YOU BY
PANTENE 

medium-thick [the sleek bob]

Modernize your feminine side for spring with The Sleek Bob. The first step in getting this trendy 'do is strengthening your medium-thick locks against styling damage while fighting any unwanted frizz with the **Pantene Pro-V Nature Fusion Smooth Vitality Collection**. Complete the must-have look with **Pantene Pro-V Medium-Thick Hair Styling Products**.



how to get the sleek bob:

- Wash and condition with **Nature Fusion Smooth Vitality Shampoo and Conditioner**.
- Work a nickel-sized amount of **Medium-Thick Hair Style Straighten & Smooth Crème** through your hair. Create a part, and blow-dry.
- Place a brush underneath hair and a blow-dryer on top. Straighten the hair from root to tip.
- Clip up the top layer of hair, separate a 2-inch section from the bottom layer, and spray it with **Medium-Thick Hair Style Heat Protection & Shine Spray**.
- Work a flat iron over the section from root to tip (3-5 seconds per section) and repeat throughout the bottom and top layers.
- Finish with **Medium-Thick Hair Style Anti-Humidity Hairspray**.

ADVERTISEMENT

***medium-
thick hair***

Get smooth hair that lasts with options from Pantene Pro-V Medium-Thick Hair Solutions.

medium-thick [the sleek bob]

fine [the empress braid]

Create your own crown with The Empress Braid. To get this princess-chic style, start with **Pantene Pro-V Nature Fusion Smooth Vitality Collection** to give your hair a smooth texture while strengthening your hair against styling damage. Get The Empress Braid with **Pantene Pro-V Fine Hair Styling Products**.



how to get the empress braid:

- Wash and condition with **Nature Fusion Smooth Vitality Shampoo and Conditioner**, then work **Nature Fusion Smoothing Crème** into damp hair, and blow-dry.
- Create a part on one side of your head and spray all over with 3-5 pumps of **Fine Hair Style Heat Protection & Shine Spray**. Separate your hair into a top layer and a bottom layer, and clip away the top layer.
- Take one-inch sections of your hair and roll up to the scalp with 1.5-inch or thicker hot rollers (or with a curling iron of similar size). Pin the rollers/curls in place and repeat across the bottom and top layers of hair.
- Once the curls have cooled, remove pins and brush through the sections.
- Starting at your part, take a 2-inch section of hair from the hairline and braid across your forehead and down the other side, gathering additional hair as you braid down to anchor. Secure with a rubberband.
- Finish with **Fine Hair Style Professional Level Style Shaping Spray**.



ADVERTISEMENT

fine hair

Get volume
that lasts with
styling options
from Pantene
Pro-V Fine Hair
Solutions.

fine [the empress braid]

curly [springy spirals]

Add some elegance to your look with Springy Spirals. Prep your curls with **Pantene Pro-V Nature Fusion Smooth Vitality Shampoo and Conditioner** to help make your hair soft and smooth while strengthening it against styling damage. Get the Springy Spirals style with **Pantene Pro-V Curly Hair Series Styling Products**.



how to get springy spirals:

- Wash and condition hair with **Nature Fusion Smooth Vitality Shampoo and Conditioner** and work **Curly Hair Style Series Curl Defining Mousse** into hair.
- Next, blow-dry hair with a diffuser, on low heat, to keep your curls intact.
- Spray **Curly Hair Style Curl Enhancing Spray Gel** all over surface of hair and scrunch throughout with hands to define and hold curls.
- Pull up side section of hair high to the crown of your head, and twist to create volume. Secure with a few bobby pins and repeat on other side.
- Finish with **Curly Hair Style Satin Hold Hairspray**.

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curly [springy spirals]

curly hair

For touchable curls
with endless shine,
use styling products
from the Pantene
Pro-V Curly Hair
Series.

Watch *Seventeen* Beauty Smartie Ingrid's video for insider tips on how to get The Empress Braid with Pantene. There are two ways to watch:

1 View NOW instantly from your smartphone

Step 1: Just download the free app at <http://gettag.mobi> **Step 2:** Scan this code **Step 3:** Watch!

Your carrier's MMS/picture messaging and standard carrier rates may apply. You must have a camera-enabled phone capable of sending pictures. To view the video your phone must be video-enabled. Program available on most carrier networks and in the U.S. only. For complete mobile terms and conditions, please log on to Microsoft.com/tag.

NOTE: Pantene provided Ingrid with complimentary products to try.



2

Go to seventeen.com/pantene to check out Ingrid's video PLUS enter *Seventeen's* "right hair, right now" contest by submitting a photo of your best "right hair, right now" hairstyle for the chance to win a trip to NYC, a webcam session with Pantene's Shay Mitchell, a \$1000 shopping spree, a stylish top inspired by Shay, and a hair makeover at a trendy NYC salon!

Pantene Pro-V Nature Fusion

Pantene Pro-V Nature Fusion improves the strength* of your hair to protect it during all that styling. To transform frizzy hair to a silky and smooth texture, use **The Smooth Vitality Collection**, which is formulated with a blend of cassia, avocado, bamboo, and grapeseed extracts.

For more styles, visit pantene.com/hairstyles!

*Strength against damage vs. non-conditioning shampoo.

NO PURCHASE OR PAYMENT OF ANY KIND IS NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. RIGHT HAIR, RIGHT NOW Contest. Sponsored by Hearst Communication, Inc. To Enter: Go to seventeen.com/pantene beginning 12:01am ET on 3/8/11 through 11:59pm ET on 4/18/11 and submit the entry form, including uploading a photo of you wearing your version of a "right hair, right now" hairstyle based on one of the Pantene hairstyles featured within the Pantene booklet featured in the April 2011 issue of *Seventeen* Magazine, plus a brief description (50 words or less) describing how you got the style with Pantene. Must be female, 13-24 years of age, and a legal resident of 50 United States, Puerto Rico, or District of Columbia at time of entry. Void where prohibited by law. Contest subject to complete official rules available at seventeen.com/pantene.



Shay Mitchell, actress

Waves or twists?
I say, why choose?

Pantene. Nature Fusion.

Forget trade-offs. Fusion is about getting all the style without all that damage, plus a touch of cassia too!

The pro-vitamin formula works wonders and helps make hair stronger against splits and breaks.*

So get creative. Your hair can take it.

* vs. non-conditioning shampoo.

PANTENE PRO-V
HEALTHY MAKES IT HAPPEN

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who's your hair-spiration?

straight



your hair-spiration
MIRANDA COSGROVE



1

gentle shampoo + conditioner

To make your hair super-smooth without falling flat, Miranda's stylist, Michael Sparks, says a volumizing shampoo and light conditioner will give your strands silky-looking shine!

try: Neutrogena Triple Renewal Volume-Boosting Shampoo and Weightless Conditioner, \$5 each, drugstores



2

round brush

Sparks swears by this trick: Dry your hair, then wrap just the ends around a round bristle brush and blast with a dryer. It will create delicate, face-framing wisps!

try: Marilyn Brush Jeli Ceramica Round Brush, \$24, marilynbrush.com



3

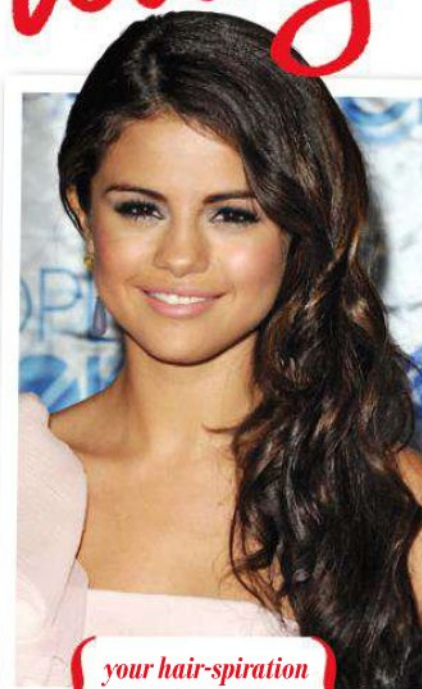
shine-enhancing hairspray

Straight hair is prone to flyaways, so to get your strands as polished as Miranda's, push back the pieces around your face and set with a shine-boosting hairspray.

try: Paul Mitchell Express Style Worked Up, \$16, paulmitchell.com for salons

Great for
mixing
frizz!

wavy



your hair-spiration
SELENA GOMEZ



1

softening shampoo + conditioner

Your hair needs a moisturizing shampoo and conditioner that won't weigh down your waves. Selena's stylist, Bruce Wayne, uses one with luxe shea butter.

try: Frédéric Fekkai Essential Shea Shampoo and Conditioner, \$23 each, fekkai.com



2

curl cream

Once your hair is dry, define and separate your strands: Wayne finger-combs a curl-enhancing cream from Selena's roots to her ends.

try: Ojon Animated Volumizing Cream, \$24, Sephora stores



3

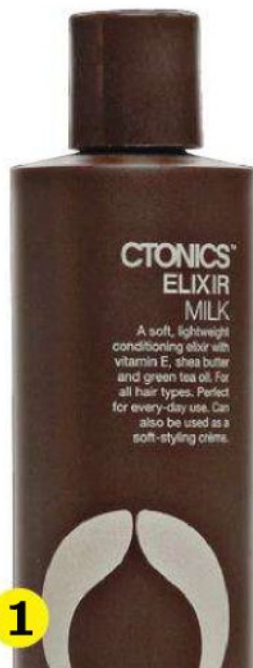
light hairspray

After creating perfect waves, you want them to stay but still be touchable. Selena mists this soft spray all over.

try: L'Oréal Paris Elnett Satin Hairspray, \$15, drugstores

You can transform your hair into Hollywood perfection!
Get the scoop right from these celebs' stylists. *by kari molvar*

curly



leave-in conditioner If your curls are thick like Aly's, pick a leave-in lotion with vitamin E and shea butter. Her stylist, Campbell McAuley, says it's strong enough to tame even the worst frizzies!

try: CTONics Elixir Milk, \$34, ctonics.com



relaxing balm Curly girls need to protect their fragile hair from heat styling. To keep curls healthy, Aly coats sections with a heat-protecting softening balm, then blow-dries with a diffuser.

try: Phytodéfrisant Botanical Hair Relaxing Balm, \$26, Sephora stores



spray mousse Your curls will stay perfect all day with McAuley's trick: Shake out your spirals and lightly spray a liquid mousse all over. (He says it will also give you crazy shine!)

try: Fantasia Liquid Mousse Firm Hold Spritz Hairspray, \$7, sallybeauty.com

This makes hair super-silky!



moisture mask To prevent your hair from breaking, apply a rich hair treatment once a month, and your style will always look smooth and healthy like Keke's. (This one is ultra-conditioning, says Keke's stylist, Jamika Wilson!)

try: Ojon Restorative Hair Treatment, \$33, Sephora stores



dry oil For mega shine, rub a dry oil between your palms and rake it through the lower half of your hair.

try: Paul Mitchell Awapuhi Wild Ginger Styling Treatment Oil, \$25, paulmitchell.com



flat-iron To get Keke's casual tousled look, flat-iron your hair all over, then twist random sections around a curling iron and separate the strands for a piecey effect.

try: Brazilian Heat Tourmaline Ceramic 1½" Flat Iron, \$70, folica.com

relaxed





Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only. An eye care contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by redness or other eye problems. If one of these conditions occurs, contact your eye doctor immediately. For more information on proper

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1·DAY

he'll be begging me to dance with him.



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SEE WHAT COULD BE™

professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing your doctor. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit acuvue.com.

Johnson Vision Care, Inc. 2011.

taylor, 16

flirty

HOW-TO: Blow-dry your hair smooth, then gather a section at the very top and back-comb the roots to get added lift. Secure the bump with bobby pins and leave out some face-framing pieces for an extra-playful vibe.

ashley, 19

romantic

HOW-TO: Loosely curl hair with a 1" curling iron and pull into a messy side bun. Randomly pin loose curls around the bun for an effortless, textured look.

gabrielle, 16

bold

HOW-TO: Show off your personality with this cool updo! Tease the hair at your crown and roll it sideways into a French twist, using hairpins to secure. Give your bangs a little bend with a curling iron and sweep them to the side.

pretty prom styles!

Why should your dress get all the attention? Play up your personality with these easy looks! BY MOLLY RITTERBECK

juliette, 16

kristen, 18

katelyn, 16

glam

HOW-TO: Get pretty body by setting hair with hot rollers. Let curls down and pull into a low side pony on the same side as your part. For a polished look, spritz with a shine spray to smooth flyaways.

sweet

HOW-TO: Part hair down the center and make a twist on each side—smooth a little gel on dry hair to keep in place and secure with a clear elastic. Wrap the rest of your hair into a bun and wind the twists around it in back for a fun take on a classic style.

chic

HOW-TO: Get strands super-straight: Blow them out with a paddle brush, then run over twice with a flat-iron. Add some sparkle by pulling one side back and securing with a jeweled clip.

SEVENTEEN.COM

Get prom hair inspiration from your favorite celebs at seventeen.com/prom.

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is the right time
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pssst! get the inside scoop on perfect hair!

Ever wish you could ask that random girl with the amazing hair what her secret is? We did—read on! BY meredith gray

secret #1:

BEAMING COLOR

"To keep my fragile red hair protected from blow-drying and curling, I use a conditioning treatment as my styling product. Not only does it make my hair shiny and soft, but it tames flyaways too!" —SARAH, 17, TROUP, TX



Rinse hair with cold water after washing for extra shine.

her fave: L'Oréal Paris EverStrong Overnight Repair Treatment, \$9, drugstores

secret #2:

LUSH LAYERS

*
Spritz the gel into your hands first to avoid product overload.

her fave: Herbal Essences Tousle Me Softly Spray Gel, \$3, drugstores



"To play up my natural texture, I spritz my just-washed hair with a volumizing spray gel, then French braid it before bed, so it dries with a little oomph overnight. It has tons of body the next day!"

—BRENA, 17, BRISTOL, TN

her fave: Kérastase Nutritive Oléo-Relax Serum, \$37, kerastase-usa.com



secret #3:

HEALTHY LENGTH

"Because my hair is chemically straightened, I'm overprotective about keeping it healthy. I get deep conditioning treatments once a month and use a serum daily to nourish my ends."

—LYDIA, 20, NEW ORLEANS, LA



secret #4:
DEFINED CURLS



"I need a *lot* of conditioner to keep my hair from getting frizzy. I apply about a handful in the shower, comb my curls through, then rinse and scrunch."

—CARA, 14,
ALEXANDRIA, VA

her fave: Aussie
3 Minute Miracle
Deeeep Conditioner,
\$4, drugstores

secret #5:
GLOSSY WAVES

"Since my waves look better when they're not *too* neat, I'll do one curl away from my face, then the next one toward my face. I also leave the last inch of my hair out, so the tips don't get toasted!"

—ADILENE, 17, SYLMAR, CA



* Gently tug each section of hair downward after curling to make a softer wave.

her fave: Infiniti by Conair
You Curl, \$50, drugstores

secret #6:
GLISTENING SHINE

"I dye my hair a shade lighter than my natural color. To make sure it stays nice and bright, I apply a clear glaze once a week to preserve my color and give it tons of shine."

—LAURA, 17, CHERRY HILL, NJ



♥ Save a short style for the next day: Keep hair wrapped in a scarf while you sleep.

her fave: John Frieda
Clear Shine Luminous
Glaze, \$10, drugstores



scunci®
bendini™ clip

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cool cuts for you!

This spring, get ready to snip your way to major cuteness. Check out these fun cuts—there's a perfect version for everyone! **BY kari molvar**

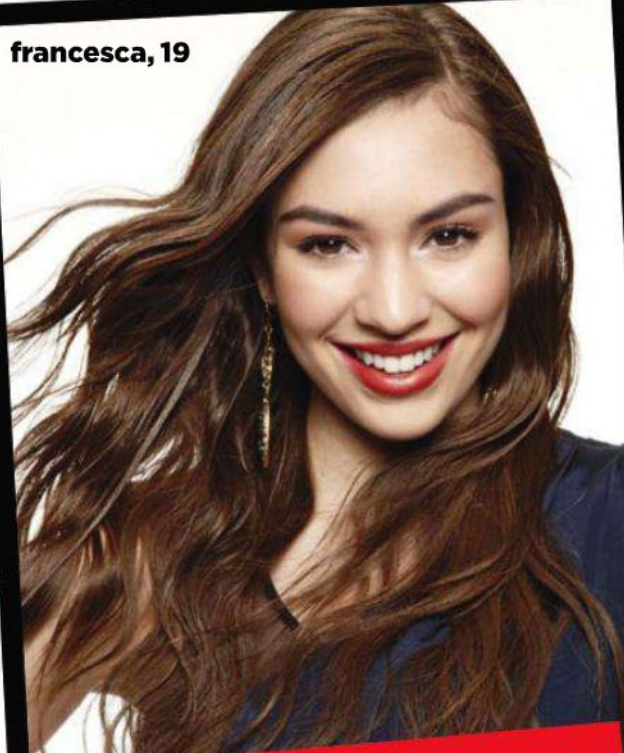
blended in

An airy, feathery cut gives you a bedheady vibe—ask your stylist for soft, wispy layers that curve toward your face!



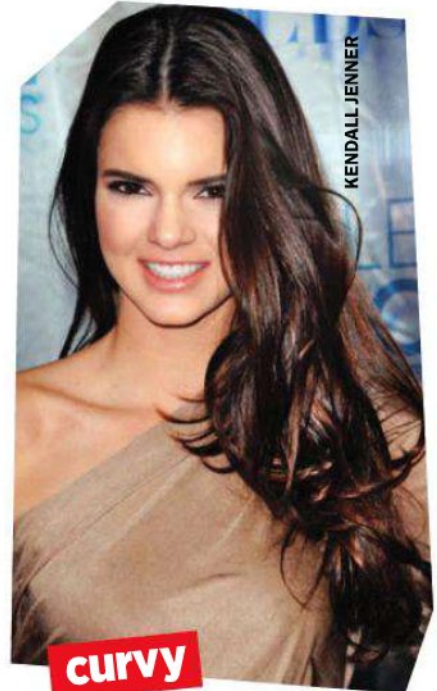
VANESSA HUDGENS

francesca, 19



layers

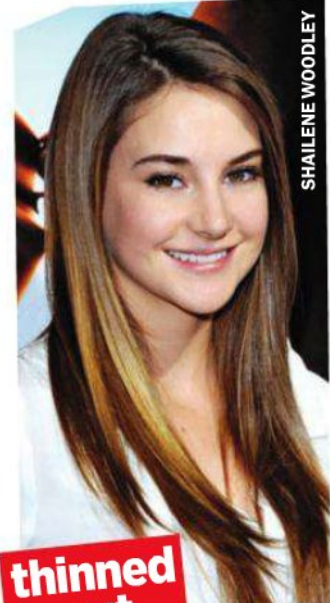
Add tons of movement and bounce to any texture (without sacrificing length!).



KENDALL JENNER

curvy

To keep long hair from looking too heavy, cut soft layers that start at the tip of your chin. They will also give any natural waves a little more life!



SHAILENE WOODLEY

swingy

For lush volume, go for layers that start at ear level (almost like long bangs!) and let them flutter down from there!



EMMA ROBERTS

colored ends

For fine hair, add layers just to the ends, then accentuate them with cool lowlights! Bonus: Flip in the tips with a small curling iron to make them really stand out!

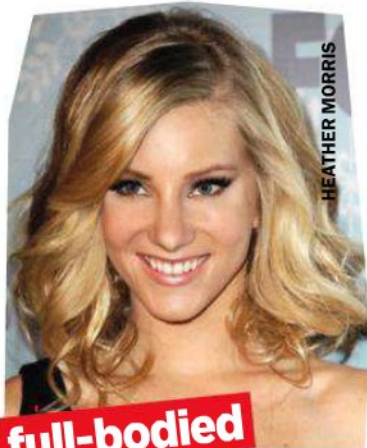


DAKOTA FANNING

thinned out

To lighten up ultra-thick hair, ask your stylist to cut your ends at an angle to take away the bulk and make it look bouncy.

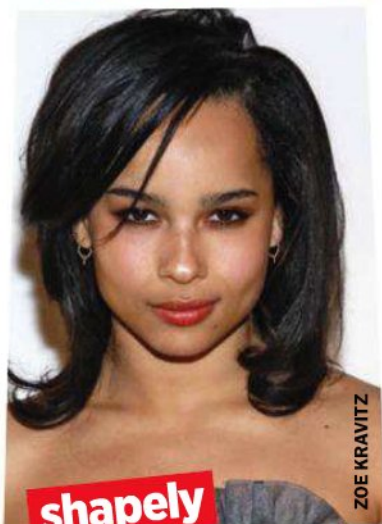
MAIN PHOTOS: PETER ROSA/STUDIO D.; FASHION STYLIST: ANNEBET DUVAL. HAIR: JEANIE SYFU FOR TRESEMME/CONTACTNYC. MAKEUP: KYRIAKI SAVRANI FOR DIOR AT FACTORY DOWNTOWN. ON FRANCESCA: TOP, TOPSHOP; EARRINGS, DOUBLE HAPPINESS. STILL LIVES: (SCISSORS) JEFF WESTBROOK/STUDIO D. FANNING: STEVE GRANITZ/WIREIMAGE. JENNER: JASON MERRITT/GETTY IMAGES. HUDGENS AND WOODLEY: JON KOPALOFF/FILMMAGIC (2). ROBERTS: MIKE MARSLAND/WIREIMAGE.



HEATHER MORRIS

full-bodied

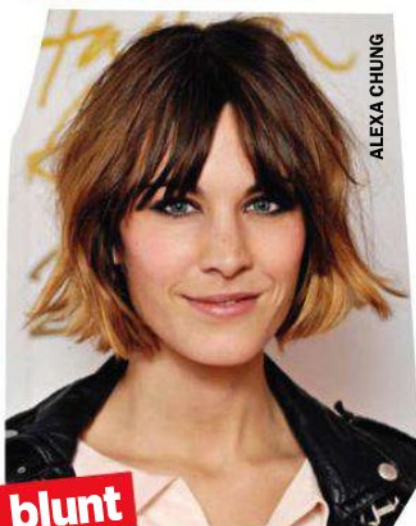
Great body makes this "lob" super-cute! If your hair is wavy to curly, ask your stylist to cut it while it's dry. You'll get the right shape without going too short.



ZOE KRAVITZ

shapely

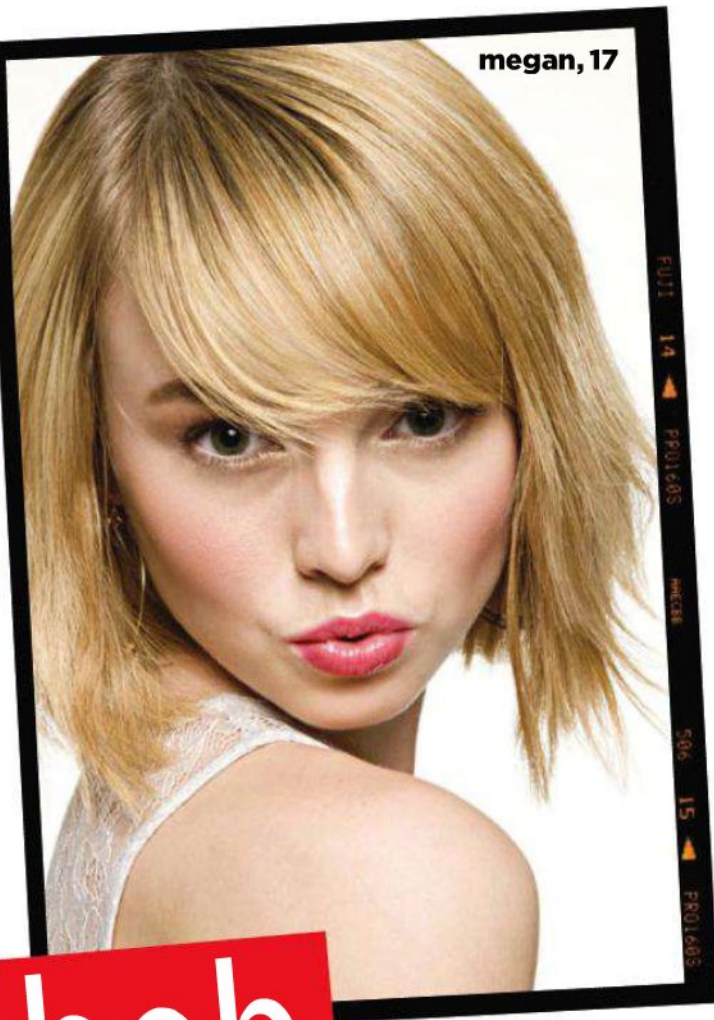
A flippy bob that grazes your collarbone gives your style a flirty feel. Ask your stylist to take out the bulk at the bottom so it flips up easily!



ALEXA CHUNG

blunt

This one-length bob is gently fringed at the bottom to give it that effortless just-slept-in effect. Use pomade to mess it up even more!



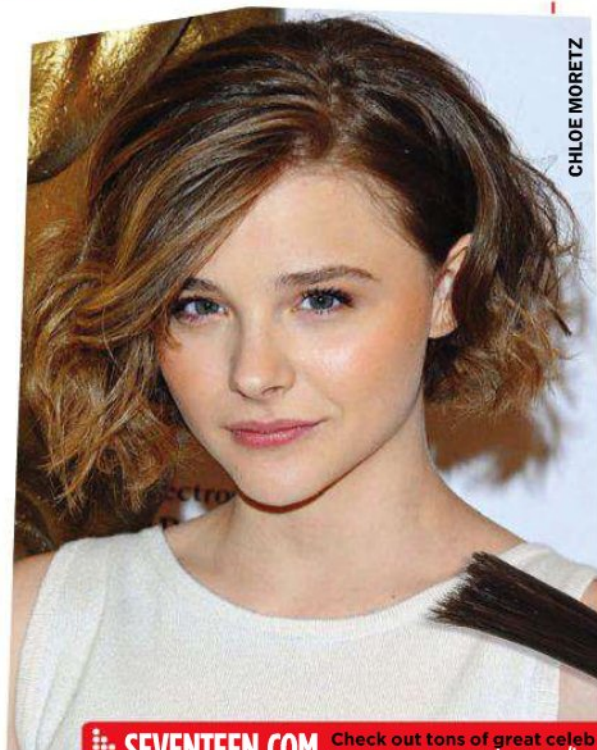
megan, 17

bob

Whether it just grazes your chin or brushes your shoulders, a bob is the ultimate cool-girl cut.

middie

The wispy, textured ends on a short cut give you a sophisticated style. Add extra polish by slicking one side over.



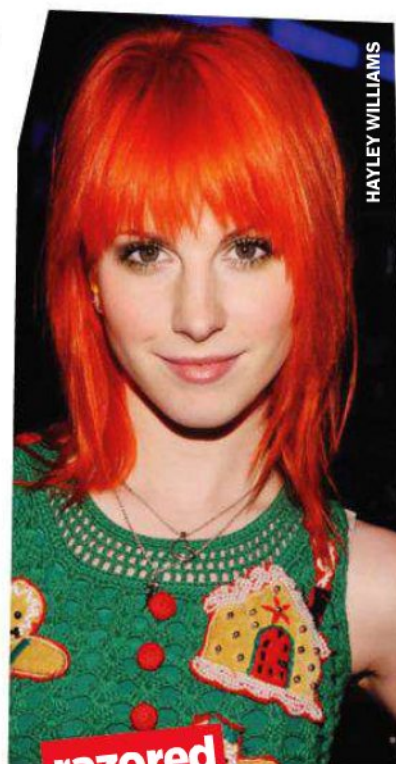
CHLOE MORETZ



OLIVIA MUNN

angled

Make your thick hair look flouncy—not poufy!—with an angled cut that's shorter in the back and longer in the front.



HAYLEY WILLIAMS

razored

Go for a cut that's full at the top and narrower toward the ends (you can do this with or without bangs!) for a rocker vibe.



LEA MICHELE

cascading

Get a girly side sweep with long tiers that tumble to one side—ask your stylist to blend them into the rest of your hair.



audrey, 18

bangs

Fun fringe can open up your whole face to accentuate your eyes and cheekbones!

piecemy

Barely there bangs are so versatile! Wear them super-sleek and pin-straight to frame your face, or sweep them back and out of the way!



EMMA STONE



AIMEE TEEGARDEN

side-swept

A wispy swoop that drapes over your forehead puts the focus on your eyes! Keep your bangs above brow level and ask your stylist to "slice" at the ends for a fringe-y look.



AMBER RILEY

precise

Heavy bangs cut straight across give your look a modern twist! Ask your stylist to pull hair from your crown directly forward and snip just at the brows.

peekaboo

Long, slightly messy bangs are sexy, but styling them with a subtle part in the middle makes them sweet! Blow-dry and style with a round brush, then use wax to separate them.



SARAH HYLAND



BELLA THORNE

choppy

Make your cheekbones pop with uneven bangs that have longer pieces on the sides to hug your pretty face.

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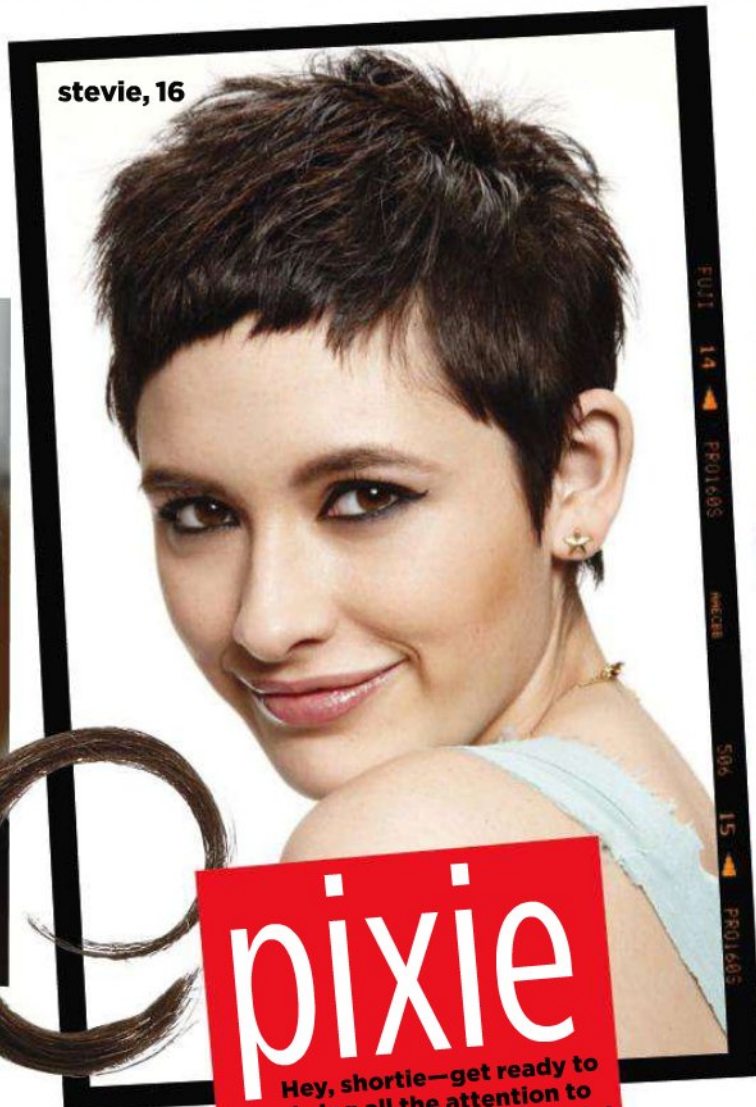
spiky

For a bold look, ask for a cut with an uneven side sweep that has longer pieces at the crown. Style them forward so they frame your face!



ASHLEE SIMPSON

stevie, 16

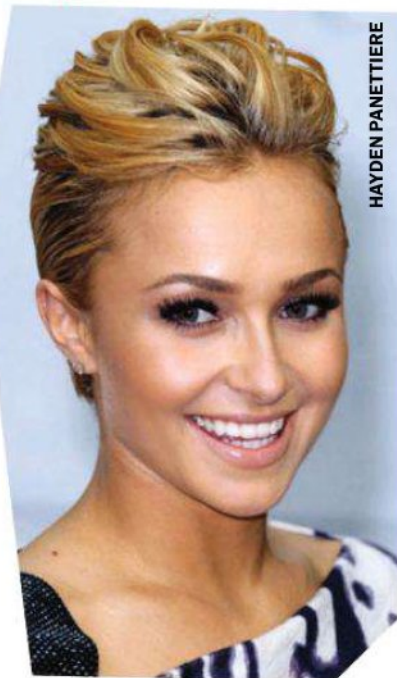


pixie

Hey, shortie—get ready to bring all the attention to your face with this girlie do!

textured

Glam it up with a cut that's about three inches long throughout. Blow-dry and style with a round brush for mega body and slick back the sides to make the volume on top stand out!



HAYDEN PANETTIERE



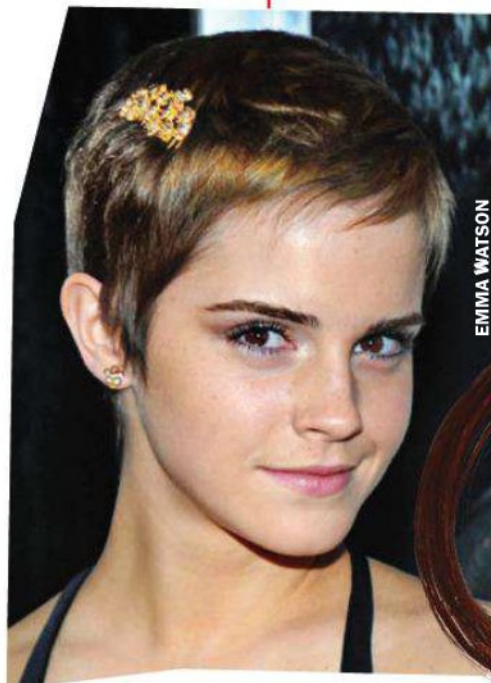
EMILY BROWNING

wispy

For a funky look, try a longer version of the pixie! Ask for razored ends, which add a cool choppyness, and leave longer pieces around your face to highlight your cheekbones!

cropped

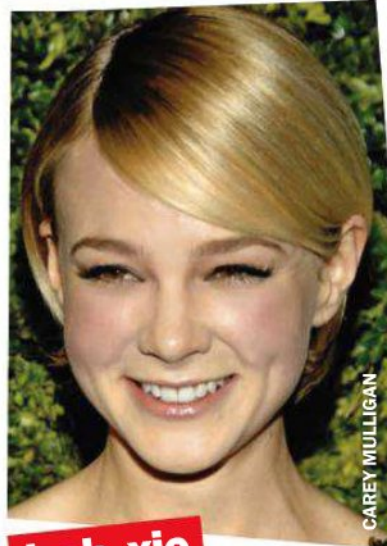
A neat, close cut equals totally low-maintenance styling! (You'll just need regular trims to keep it looking this fresh!)



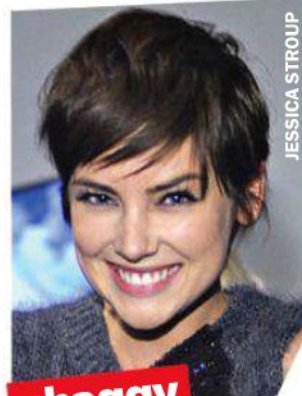
EMMA WATSON

bob-xie

A pixie that's growing out can look completely sleek when you have longer bangs and fewer layers throughout. Create a deep side part and let the long, smooth swoop on top take center stage.



CAREY MULLIGAN



JESSICA STROUP

shaggy

A crop with long bangs and shorter layers at the crown is playful and feminine—it's perfect for making fine hair look super-thick!

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get crazy shine!

Reflect on these insider secrets—you won't believe how glossy your hair can get! **BY** kari molvar



5 SHINY HAIR RULES:

1 Zap split ends.

When your strands lie smoothly, they are like a mirror that reflects light. But when you have rough and shaggy ends, hair looks dull. Use a **deep conditioning treatment** once a week to seal the cuticle, helping your hair glisten again.

2 Embrace the grease.

A little oil on your hair is a **good** thing! Wash hair every other day so you don't strip away those natural **shine-enhancing oils**.

3 Be gentle on your strands.

Avoid brushing your hair when it's wet. Hair is very fragile when it's dripping, and brushing can cause it to break and frizz, minimizing its **sparkle**. Use a wide-tooth comb on soaking hair and a soft, natural-bristle brush to blow-dry.

4 Use the right product.

Shine enhancers aren't "one size fits all": Serums will **nix frizz** in thick, coarse hair while a shine spray will tame flyways in fine, straight hair. No matter what your texture, avoid applying at your roots, so you don't flatten your look!

5 Blow-dry for brilliance.

In the shower, rinse your hair with cold water to start to close the cuticle. Then before drying, apply a shine serum to wet hair. Attach the nozzle to your dryer and **direct the airflow down** on your hair from above (keep the nozzle really close to the strands), working in small sections. This smooths the hair as you dry to make it look super-shiny.

17 FYI

When using heated tools, protect your hair with a leave-in conditioner or heat protectant. It will keep strands from drying out!

17 EXPERT: Kattia Solano, the owner of the Butterfly Studio Salon in New York, NY.



shhh! BACKSTAGE SECRETS

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"I spritz shine spray onto a **fluffy makeup brush**—this allows me to 'paint' the product exactly where I want a little extra glow."

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"My two-second trick is to blow-dry hair and run a **natural bristle brush** through strands to polish them in the last second."

-ORIBE



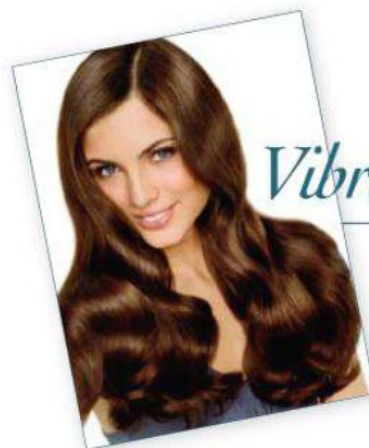
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These habits are murder on your hair!

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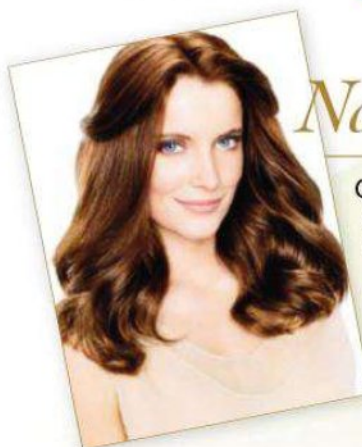


Vibrantly Smooth

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TRESemmé Radiant Volume shampoo & conditioner with organic **sweet orange** and **lemongrass** help keep hair strong and manageable with a shiny appearance and lightweight feel.



Nourishing Moisture

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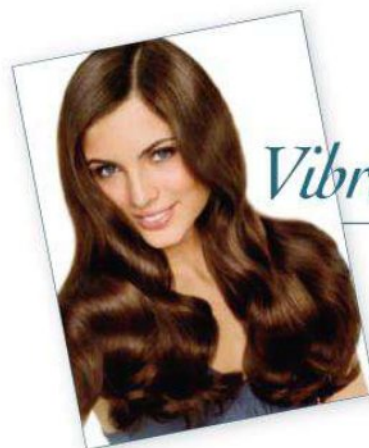
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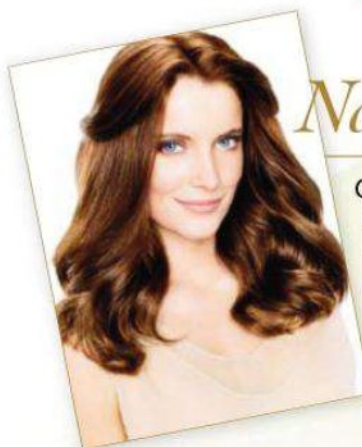


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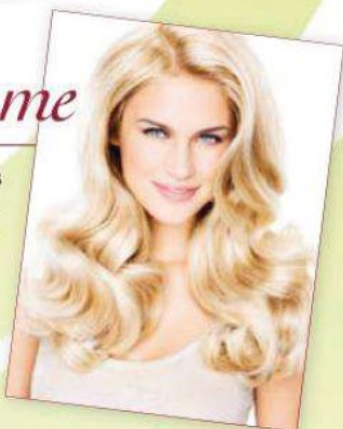
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shampoo & conditioner with organic **Coconut Oil** and **Jojoba Extract** help control unwanted frizz for hair that feels soft, manageable, and silky smooth.



Radiant Volume

Major volume makes any outfit a little sexier. A tousled up-do keeps volume sexy but cute.



Moisture

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TRESemmé

Nourishing Moisture

shampoo & conditioner with organic **aloe vera** and **avocado** help moisturize hair for protection against breakage and damage.



*When used with TRESemmé Naturals shampoo and conditioner versus non-conditioning shampoo

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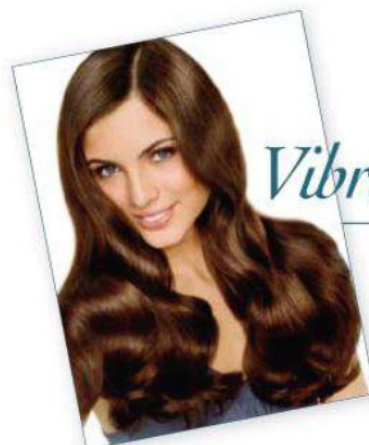
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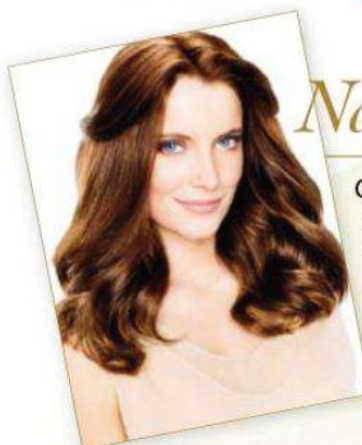


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7 DAYS OF BEAUTY

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looks! BY meredith gray

your styling kit

1. Alterna Styling Cocktails Maximum Volume, \$22, beauty.com. (It's volumizing and thickening!)
2. Aquage Detailing Brush, \$10, aquage.com for salons.
3. John Frieda Full Repair Touch-up Flyaway Tamer, \$10, drugstores.
4. Zoe Daisy Flat Iron, \$30, Walmart stores.



Mon.



lydia, 16

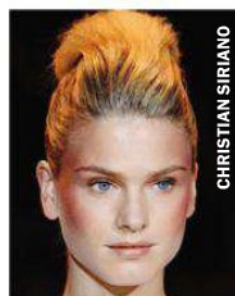
lush ringlets

HOW-TO: Turn heads in the hallway with mega volume! Wrap small sections of hair around the **flat-iron** to form a tight curl, then use the **teasing brush** with gentle upward strokes to loosen and add bounce.



BADGLEY MISCHKA

Thurs.



CHRISTIAN SIRIANO

edgy updo

HOW-TO: Show off your bold side! Pull your hair into a loose bun; leave out the top half from forehead to crown. Back-comb that section with the **teasing brush**, then smooth it back and pin the ends into your bun. Slide two more bobby pins in front of the bun to make a little ridge that keeps the style from looking too stiff.



Fri.



sleek shine

HOW-TO: Smooth hair is always chic, but update your look by giving it more movement! Apply a pump of the **thickening cream** to damp hair to keep strands from looking too flat, then blow-dry and run the **flat-iron** over one-inch sections from roots to ends. Clean up flyaways with the **gel wand** to hold them down.



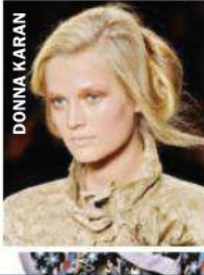
ROBERTO CAVALLI

MAIN PHOTOS: PETER ROSA/STUDIO D; FASHION STYLIST: CHRISSEY LLOYD AT MARILYN BALLARD; HAIR: TYLER LASWELL FOR TRESEMME/CONTACTNYC.COM; MAKEUP: BRIAN DUPREY FOR MARS COSMETICS AT JUDY CASEY, INC. ON LYDIA; MON. I DRESS EXPRESS; HAIR CLIP: M. HASSELL; TUES. Y. TOP: LUSH; EARRINGS: STYLISTS' OWN; WED. Y. TOP: TULIE; EARRINGS: GIRLPROPS.COM; THURS. Y. TOP: CATWALK STUDIO; EARRINGS: MAKE ME CHIC; (FRI.) TOP: SEE BY CHLOE; EARRINGS: GIRLPROPS; NECKLACE: JOPPENNY; (SAT.) TANK: TWELVE BY TWELVE; EARRINGS: LULU'S; NECKLACE: JESSICA SIMPSON COLLECTION; (SUN.) TANK: THE CLASSIC; EARRINGS: H&M.

Tues.



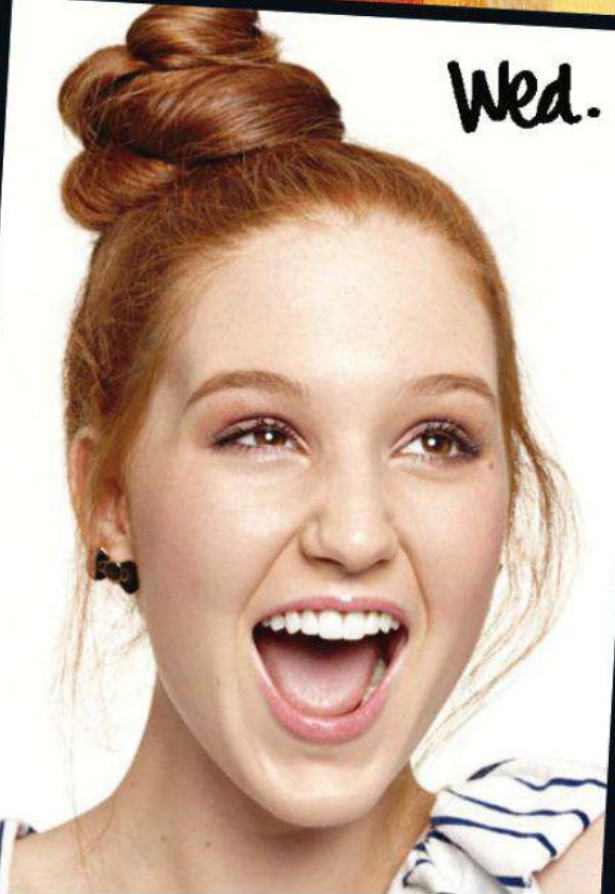
DONNA KARAN



rolled twist

HOW-TO: This sweet style is perfect for a study date—it looks great *and* keeps your hair out of the way! Gather it into a low pony in your hand (but don't secure it!), then slowly curve the ends upward, pinning pieces in place as you roll. Use the **flyaway wand** to tame any wisps that fall out.

Wed.



REBECCA TAYLOR



wispy topknot

HOW-TO: Turn a bad hair day into an awesome style! Flip your head over, and tightly twist your hair into a bun at your crown; secure with an **elastic**. It doesn't need to be perfect—it looks even better when a few pieces fall out!

Sat.



RICHIE RICH



flirty pony

HOW-TO: Yesterday's sleek texture makes this silky pony so easy. Start by making a deep side part, then brush the back half of your hair into a low pony. Smooth the front section of your hair to the opposite side, and comb it through with the **flyaway gel** to lock it in place.

Sun.



NANETTE LEPORE



looped bun

HOW-TO: For a day at the mall, this cool bun guarantees you'll look stylish from head to toe! **Flat-iron** your hair first to get it super-sleek, then make a low side pony behind your ear and secure with an elastic. Fold the length in half and wrap the extra ends around the base. Secure with bobby pins.

STILL LIVES: J. MUCKLE/STUDIO D. RUNWAY PHOTOS: (BAGLEY MISCHKA) FRAZER HARRISON/GETTY IMAGES FOR IMG; (DONNA KARAN) JENAL COUNTNESS/GETTY IMAGES FOR IMG; (REBECCA TAYLOR) JENAL COUNTNESS/GETTY IMAGES FOR IMG; (CHRISTIAN SIRIANO) IMAXTREE.COM/ARMANDO GRILLO; (ROBERTO CAVALLI) VITTORIO ZUNINO CELOTTO/GETTY IMAGES; (RICHIE RICH) IMAXTREE.COM/ARMANDO GRILLO; (NANETTE LEPORE) GORUNWAT.COM.

SEVENTEEN.COM

Which runway hair trend should you try?
Find out at seventeen.com/quizzes

fresh hair ideas!

Meet our new **Hair Smarties!** They've created two new styles that will add oomph to your everyday look. BY molly ritterbeck



try: RickyCare Carbon Rattail Comb, \$6, rickysnyc.com

try: Suave Professionals Volumizing Mousse, \$3, drugstores

bethany's look: GLAM HALF-UP

"Ditch the ponytail and go for loose, flirty curls—the bump keeps the hair out of your face but still looks chic!"

Watch her videos at: seventeen.com/beautysmarties

try: Remington Style 1" Curling Iron, \$10, Walgreens stores

HOW-TO:



curl

"To get volume all over, apply mousse to roots and blow-dry, styling with your fingers. Curl 1" sections of your hair with a curling iron. Twist it around the barrel vertically, then release the clamp, letting hair slip out."



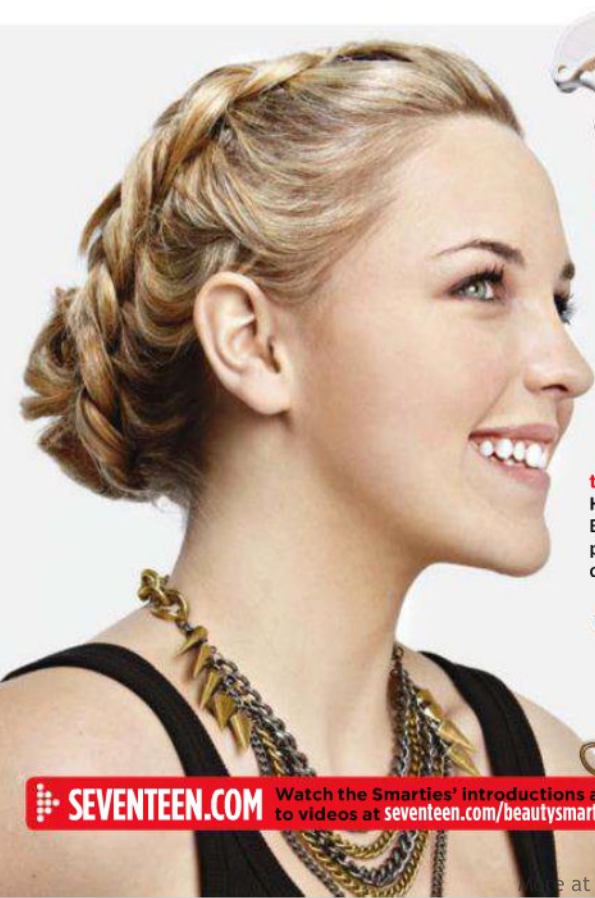
tease

"Gather the front section and hold it straight up. Using a teasing comb, gently back-comb hair from top to bottom to give the section extra hold and lift."



pin

"Twist the top section once and push it forward for more height. Slide in two bobby pins on each side to keep in place. (Crisscross the pins for the tightest hold!)"



try: Not Your Mother's Beach Babe Texturizing Sea Salt Spray, \$6, nymbrands.com

try: Conair Hair Pins in Bronze, \$4 for pack of 75, drugstores

megan's look:

SWEET SIDE BRAID

"I love how this style looks complicated, but it's so simple to do! Your friends will be copying you the next day."

Watch her videos at: seventeen.com/beautysmarties

try: Goody Elastic Mini Polybands in Crystal, \$3 for pack of 75, drugstores

HOW-TO:



braid

"To give your braid grip, spritz a salt spray on dry hair. Side-part your hair and section off a 3" piece in front. French-braid it across the top of your head, adding more hair to each section as you go."



secure

"Secure the braid with a small elastic. (Clear ones blend in with every hair color!) Then gather the braid and the rest of your hair into a side ponytail just behind your ear."



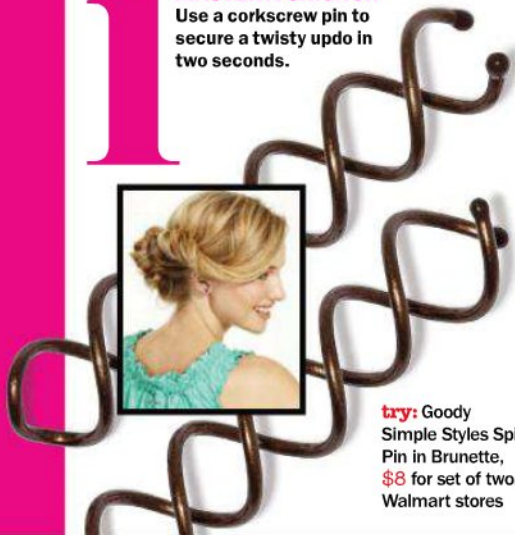
twist

"Finish the look by wrapping the hair around the base of the ponytail to form a twisted bun and use hairpins or an elastic to hold the bun in place."

1

MASTER A CHIGNON

Use a corkscrew pin to secure a twisty updo in two seconds.



try: Goody Simple Styles Spin Pin in Brunette, \$8 for set of two, Walmart stores

Naya Rivera



2

GO GLAM Do a deep side part and sweep hair over to one shoulder.



try: X5 Superlite Tourmaline Ionic Hair Dryer, \$180, folica.com

3

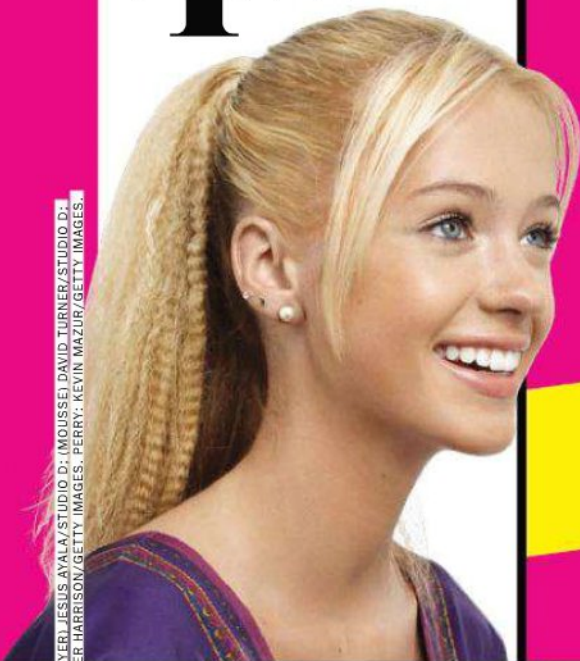
BOOST YOUR BLOWOUT

For a pro look, blow-dry on low heat while finger-combing until hair is 80 percent dry. Use a paddle brush to smooth the last bit.

4

CRIMP YOUR STYLE

Mist on a heat-protective spray and crimp the top layer of your ponytail.



30 DAYS

of styles

For those times when you run out of hair ideas, we have a month of cool new looks!

SPECIAL SECTION FOR WARMART READERS!

5

GO SLEEK

Apply a smoothing hair cream, then pass a flat-iron over sections from roots to tips for all-day smoothness.



try: Hot Tools 1" Salon Flat Iron in Cheetah, \$65, hottools.com

7

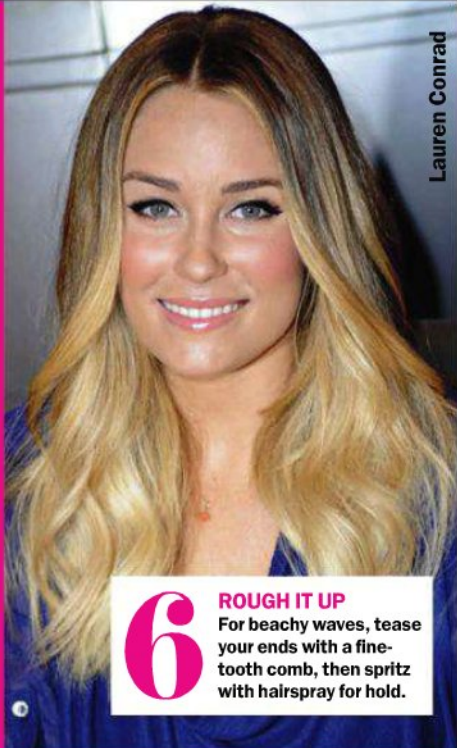
GET INSTANT BANGS

Test-drive some fringe for a day! These clip-on bangs are so easy—no scissors (or salon!) required.

try: Hair Do Clip-In Bangs, in Sandy Blonde, \$29, qvc.com



Lauren Conrad



6

ROUGH IT UP

For beachy waves, tease your ends with a fine-tooth comb, then spritz with hairspray for hold.

Katy Perry



8

TRY FUN STREAKS

Paint on temporary highlights around your face. Fierce!

try: Splat Rebellious Color in Blue Envy, \$10, drugstores



Vanessa Hudgens



9 ROCK BOHO BENDS
Scrunch your hair with a texture spray all over, then twirl two-inch sections around a finger to separate your strands.

10 MAKE HAIR GLISTEN

Glitz up your weekend do by rubbing a glitter-infused hair gel between your palms and lightly patting dry hair.

11 TOP THINGS OFF

Add a pop of color to sleek strands with a bright headband.



12

SCORE A BIG LIFT

Pump up straight strands. Use a boar-bristle brush (for major grip) to pull up sections at the roots for volume; blast with a blow-dryer, then release.

try: Conair Large Round Brush, \$7, drugstores



13

CREATE BOUNCY WAVES

The trick is to flip your head upside down and mist with hairspray before curling!

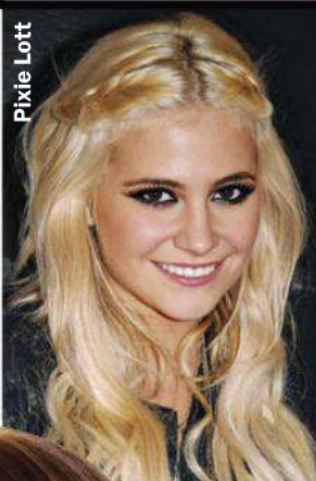
try: Pantene Pro-V Fine Hair Solutions Lasting Volume Hairspray, \$3, drugstores

14

TRY SIDE BRAIDS

For a fast fix, make regular braids on either side of your part, then twist ends into your hair and secure with pins.

Pixie Lott



Ariana Grande



15 GET A FLIRTY PONY
Wrap your hair around a curling iron to form lots of swirls all over, and then softly pile everything into a loose, centered ponytail.



18

KEEP IT GLOSSY

Moisten your comb with a drop of leave-in treatment and run through hair to make it dazzle.

try: SoftSheen-Carson Dark and Lovely Healthy-Gloss 5 Moisture Leave-In Treatment, \$6, drugstores



Amber Stevens



16

TRY A TOPKNOT

Gather your hair into a high pony at the top of your head and secure with an elastic. Wrap your ponytail around the elastic and secure it in place with bobby pins. Spray with hairspray to set.

19

DEFINE YOUR CURLS

Warm up a bit of gel between your palms, then scrunch onto the lower half of your hair for soft, sculpted waves.

try: LA Looks Mega Hold Styling Gel, \$3, Walmart stores



17

LOVE SECOND-DAY HAIR

Stretch out your blowout by using a little dry shampoo at the roots to conceal grease or oil.

try: Tresemmé Fresh Start Dry Shampoo, \$5, drugstores



20

DECORATE YOUR DO

For an unborring bun, smooth back hair and place a flirty pin just above the top.

try: Goody Luxe Flora Barrettes, \$7 for set of two, drugstores

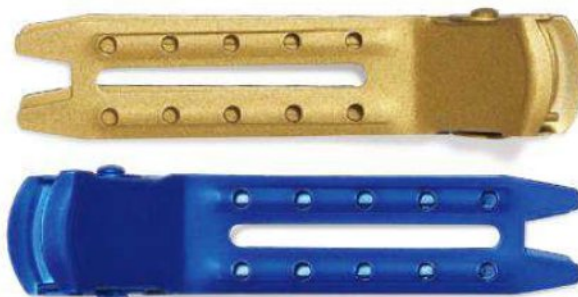


21

ADD HEIGHT

Coil small sections of damp hair around the crown and pin in place. Blast with a blow-dryer, then release for springy strands.

try: RickyCare Rubber Control Clips in Gold and Blue, \$5 for pack of four, rickysnyc.com



22

BUMP IT UP

Sweep back the top layer of your hair and push it up at the crown to create a pouf. Secure with two bobby pins, set at a crisscross angle to support your bump!

try: Goody ColourCollection Bobby Pins in Blonde, \$5, Walmart stores



Hailee Steinfeld



24

TAKE SIDES

Create an off-center part and low pony on the other side.

25

GET CRAZY SHINE

Smooth your strands with a few drops of shine serum, and run over with a flat-iron. Turn the ends under for a polished finish.

try: Göt2b Glossy Anti-Frizz Shine Serum, \$6, drugstores



23 BUILD MEGA VOLUME

try: Garnier Fructis XXL Volume Thickening Mousse, \$4, drugstores

Apply a handful of mousse to the roots of *dry* hair and blow-dry for major oomph all over.



Elle Fanning



26

SLIP ON A BLINGY HEADBAND

Push your hair forward in front of your ears and slide on a bedazzled band.



28

SOFTEN YOUR UPDO

Sweep back your hair into a loose (not stiff) topknot by spritzing first with hairspray, and then brushing through. This gives your style a touch of hold and shape without looking too done.

try: Herbal Essences Set Me Up Max Hold Hairspray, \$3, drugstores

27

ADD TEXTURE

Make your ends twist a little. The secret: Alternate between curling forward and backward.

try: Scünci No Damage Polybands in Multi, \$4 for pack of 75, drugstores



29

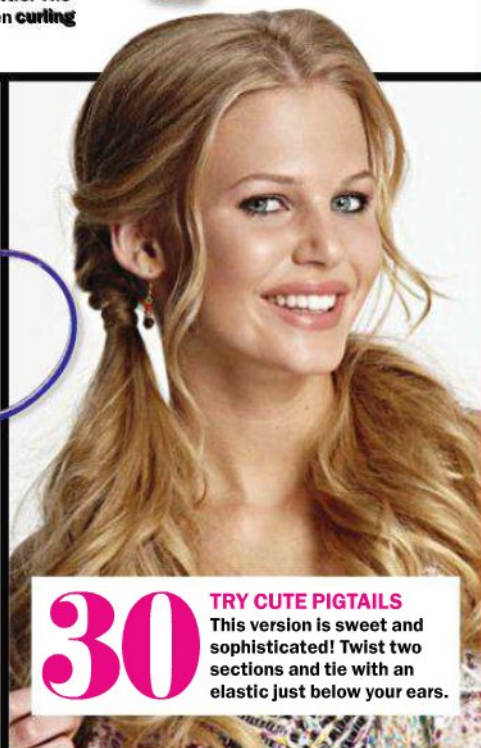
CREATE A COLORFUL TWIST

Upgrade your go-to elastic with an ultra-bright neon version. It adds a pop to everything from braids to buns.

30

TRY CUTE PIGTAILS

This version is sweet and sophisticated! Twist two sections and tie with an elastic just below your ears.



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sweet
as it
looks!**

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Visit seventeen.com/checkitout for more.

cityClassified

With versatile neutrals or exciting animal prints to choose from, the **Kippy** sandal by **cityClassified** is the perfect accessory to step out in style for the spring. Check out all of cityClassified's footwear and find a pair near you, by going to CityClassifiedShoes.com.

city**CLASSIFIED**



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Create your own prom look with **Duck**® brand duct tape and enter the **Stuck at Prom® Scholarship Contest** to win up to **\$5,000!**

Not sure where to start? Snap this Tag to watch a special *Seventeen* Style Pro video and learn how to make a cute prom accessory!

Visit StuckAtProm.com for more info.

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Enter the "right hair, right now" Contest!

Submit a photo of your best "right hair, right now" hairstyle at seventeen.com/pantene for the chance to win a **trip to NYC**, a **webcam session with Pantene's Shay Mitchell**, a **\$1000 shopping spree**, a stylish top **inspired by Shay**, and a **hair makeover** at a trendy NYC salon!

PANTENE PRO-V

NO PURCHASE OR PAYMENT OF ANY KIND IS NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. RIGHT HAIR, RIGHT NOW Contest. Sponsored by Hearst Communication, Inc. To Enter: Go to seventeen.com/pantene beginning 12:01am ET on 3/8/11 through 11:59 pm ET on 4/18/11 and submit the entry form, including uploading a photo of you wearing your version of a "right hair, right now" hairstyle based on one of the Pantene hairstyles featured within the Pantene booklet featured in April 2011 issue of *Seventeen* Magazine, plus a brief description (50 words or less) describing how you got the style with Pantene. Must be female, 13-24 years of age, and a legal resident of 50 United States, Puerto Rico, or District of Columbia at time of entry. Void where prohibited by law. Contest subject to complete official rules available at seventeen.com/pantene.



Hot New Gear from PUMA!

Kick it in style all day long with the new **PUMA Women's Soccer Training Collection**. Designed to let your status on field shine through pre, post, and during the game, PUMA has you covered whether you're on-field, heading home from practice, or hanging with friends.

Visit puma.com/womenssoccer.



Spring Into Style with Dream Out Loud by Selena Gomez!

Get ready to spring into style with the newest collection from **Dream Out Loud by Selena Gomez**—sold exclusively at **Kmart**. Check out all the fabulous boho-chic looks at kmart.com/dreamoutloud.

Want a little more style for Spring? Go to seventeen.com/kmart for your chance to **win a trip for two to New York City**, a **\$500 Kmart shopping spree**, and a **makeover** to compliment your new wardrobe! Plus, snap this Tag to view a Spring trend report from a *Seventeen* Style Pro and more!

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NO PURCHASE NECESSARY TO ENTER OR WIN SPRING INTO STYLE SWEEPSTAKES. Sponsored by Hearst Communications, Inc. Go online to seventeen.com/kmart to enter. Sweepstakes begins at 12:01 a.m. ET on March 8, 2011 and ends at 11:59 p.m. ET on April 18, 2011. One (1) winner will receive a trip for winner and guest to NYC for a 2-night stay (\$2,000), a \$500 Kmart shopping spree with a *Seventeen* Style Pro, and a makeover for her and guest at a salon of *Seventeen*'s choosing (\$800). Total ARV for winner: \$3,300. Odds of winning will depend upon the total number of eligible entries received. Must be female, 13-24 years old, and a legal resident of the 50 United States, Puerto Rico, or District of Columbia. Void where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/kmart.

TIMELESS WISDOM

It's normal to be nervous when it comes to talking to your mom about your period. But when you get the conversation going, you'll find that she has advice you won't want to miss out on! Tips from someone older and wiser can help you make the best choices for you. Check out the **Timeless Wisdom** that other *Seventeen* readers got from their moms!

"The best period advice my mom gave me was to take a shower and make the water a little hotter than you usually have it. It really helps with cramps." —Aubrey, 14

"When you have your period, bring extra pads, no matter what!" —Allie, 14

"My mom taught me to mark when I got my period on a calendar so I could check to see if it was regular and to predict when I would get it next." —Carter, 15



Always® Infinity™ with Wings moves with you and is perfect for the girl on-the-go. It is astonishingly flexible, unbelievably soft, and has an amazing material that's four times more absorbent than you may need*. It makes fluids seem to poof—disappear!

"Exercise, exercise, exercise. It totally helps to reduce cramps!" —Ashleigh, 17

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MORE TIMELESS WISDOM

Get even more Timeless Wisdom from **webmd.com**. Always® and WebMD have teamed up to give tips and answer all those questions that may be tough to ask.

For more information on your changing body, go to WebMD.com.

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health

LOOK HOT IN SHORTS!

To shape those killer legs, Ashley does Tracy's moves a few times a week!



Get your legs looking longer, leaner, and perfectly toned with these magic moves from **Ashley Greene's** trainer, Tracy Anderson. (No squats or lunges required!)

sexy legs in 4

YOUR PERSONAL TRAINER

NAME: Tracy Anderson

LOCATIONS: Los Angeles, CA, and New York, NY

CLAIM TO FAME: Celebs like Ashley Greene and Hilary Duff love her dance-inspired moves, which get you tight and toned all over!

WEB SITE: tracyandersonmethod.com



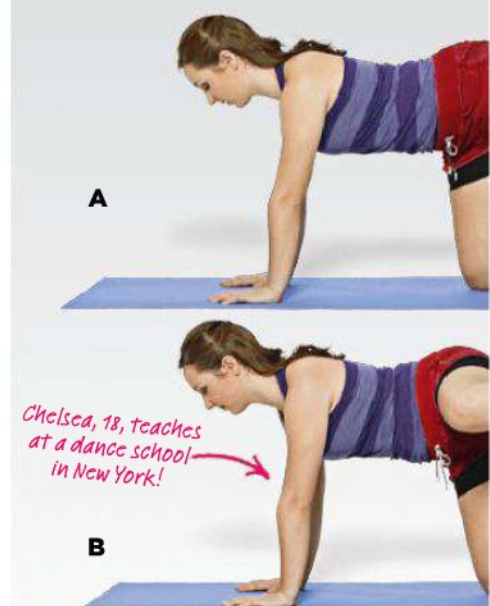
"If finishing 40 reps is too hard for you at first, stop when you really can't do another rep. Just be sure to add 5 more reps every time you work out to max at 40!"

THE SECRET TO TOTALLY AMAZING LEGS

Do this three times a week:

- **WARM UP WITH 30 MINUTES OF CARDIO.** Tracy suggests learning dance routines from a DVD or a YouTube video. (When you're "performing," you barely realize how hard you're working!)
- **DO 40 REPS OF EACH STRENGTH MOVE.** Start with one leg, then rest and repeat the move with the opposite leg. (Forty may sound like a lot—but each move should take you only about a minute.)

BEND AND KICK

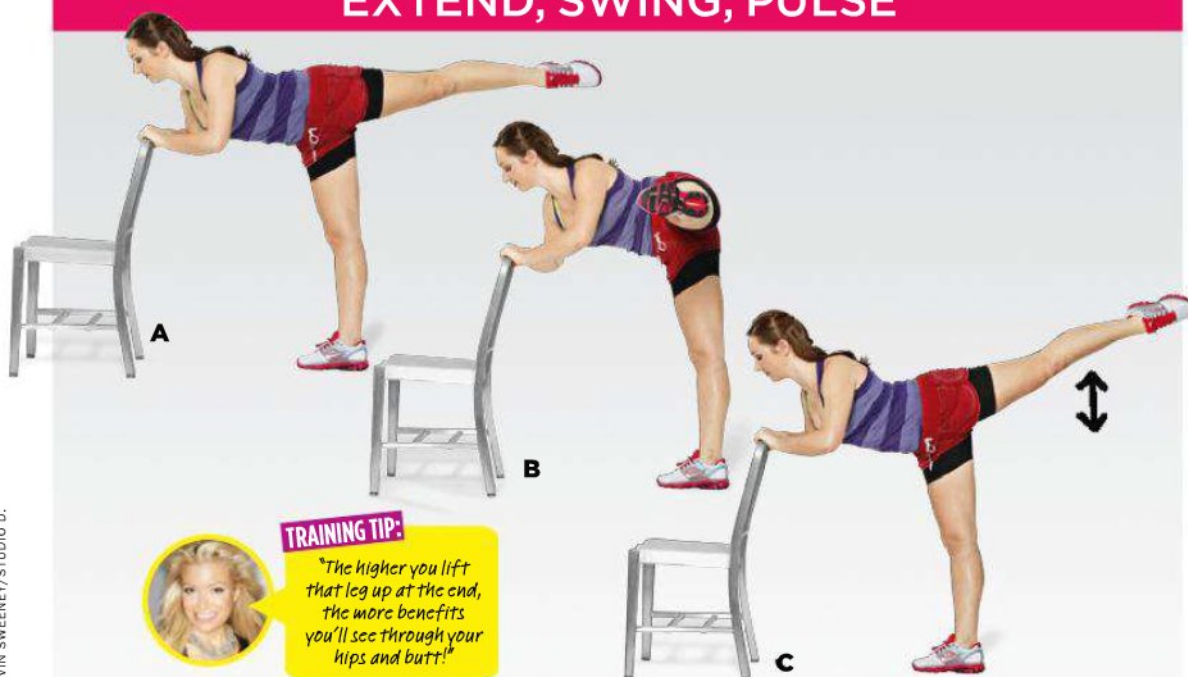


Chelsea, 18, teaches at a dance school in New York!

A Get on hands and knees. Extend left leg directly behind you on a diagonal with toes pointed.

B Bring the leg up at 90 degrees.

EXTEND, SWING, PULSE



TRAINING TIP:

"The higher you lift that leg up at the end, the more benefits you'll see through your hips and butt!"

A Stand holding onto the back of a chair. Extend left leg behind you, hip slightly rotated out to the side.

B Swing left leg left at hip height, until it's straight out to the side with knee and toes pointing forward.

C Swing leg back to A, then lift (or "pulse") it up slightly. That's one rep.

A Lie on right side with left leg bent, supporting you on your right arm. Move left ankle to touch right knee.

TEAR OUT HERE!



Join Team Seventeen at seventeen.com/team17 for support!

health

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BEND AND KICK

A



B



Chelsea, 18, teaches at a dance school in New York!

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EXTEND, SWING, PULSE



A



B



C

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C Swing leg back to A, then lift (or "pulse") it up slightly. That's one rep.

A



A Lie on right side with your left leg bent, supporting you on your right arm. Move left ankle to the right.

TEAR OUT HERE!



Join Team Seventeen at seventeen.com/team17 for support!

moves!

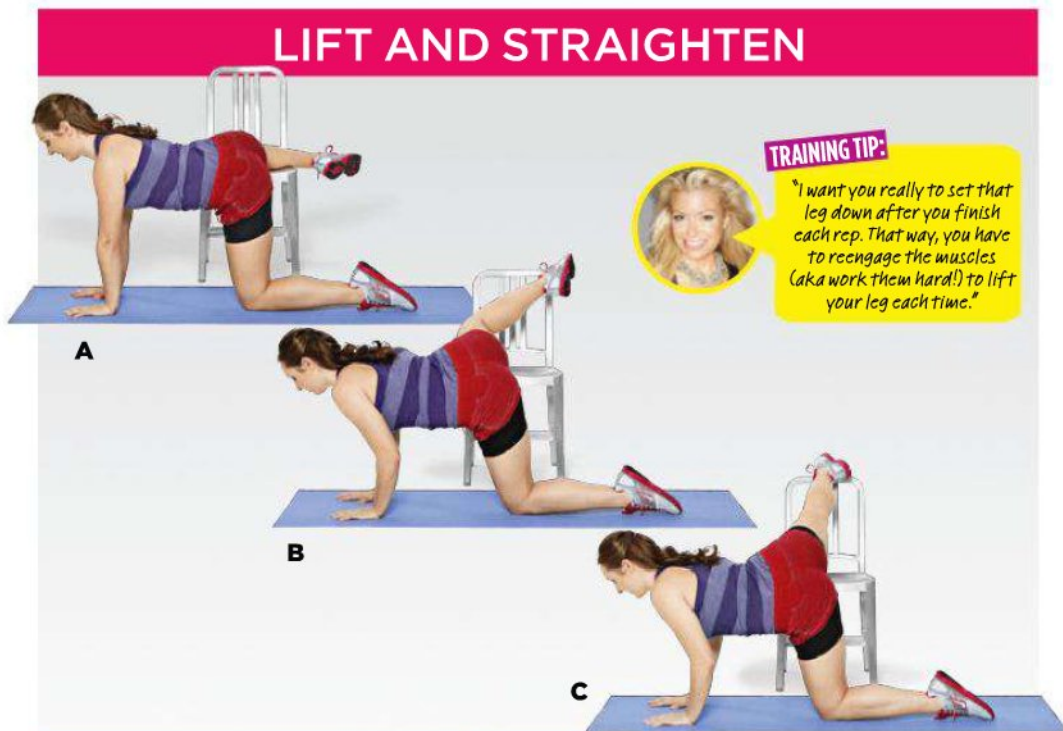
Can you believe shorts season is *just* around the corner? Tone up (without bulking up!) by doing this super-fun workout.

CK BACK



g left knee forward toward left shoulder at hip height until it's bent 90°, then extend it back up to A.

LIFT AND STRAIGHTEN



TRAINING TIP:

"I want you really to set that leg down after you finish each rep. That way, you have to reengage the muscles (aka work them hard!) to lift your leg each time."

A Get on hands and knees and rest right leg on the seat of a chair, with knee bent at 90°.

B Lift right leg up, keeping the knee bent.

C Straighten your leg so your foot extends above the chair, then return to A.

SCISSOR SPLIT



TRAINING TIP:

"This isn't hard! You just do a scissor kick with straight legs (as you extend to B), then tuck back into A."



with right arm and knees bent. touch right knee.

B Straighten and extend bottom leg forward and top leg back, then bend them back to A. (After 40, repeat lying on left side.)

WIN A SWAG BAG!



Go to seventeen.com/freebies for a chance to win this fun gear from Under Armour. The shorts aren't just easy to move in—they're perfect for showing off those newly toned legs, too!

WORTH \$270 TOTAL!

the ultimate beauty peace challenge



Sure, makeup gives you a confidence boost, but **Whitney Port** shares why she went barefaced—and why you should try it, too!

You know how you wake up and start getting ready like you're on autopilot? We all do it—first our hair has to be perfect, and then we make sure our makeup is *just* right. But when my best friend, Andrea, and I were talking about it one day, we started wondering why **we feel the need to look so flawless**: Is it for us? Is it for *other* people? We weren't sure, so we decided to do a little experiment. For a whole week, Andrea and I went without a *drop* of makeup.

At first my brain was racing, **worrying that everyone was picking me apart**. (Did he see that pimple? Is she judging me for my shiny forehead?) But something crazy happened as the day went on—I didn't get a single comment or weird look. *Nothing* seemed to change! And as the week went by, I realized that when I wasn't stressing about refreshing my lipstick, I could be totally tuned in to my friends and what was going on around me. It was almost like **I had more energy when the pressure to look perfect was lifted**. Don't get me wrong, I still love to get made up, but now I actually feel my *most* confident with just a bit of blush and a dab of lip gloss. There's something so cool about walking out the door knowing that I'm accepting myself 100 percent before anyone else even has a *chance* to judge me.

Whitney Port



Whit & her BFF, Andrea, without a drop of makeup!

THEY DID IT!

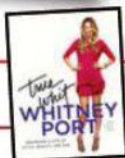
The girls of the **Redefining Beautiful Club** (now 200 strong!) at Colleyville Heritage High in Texas go makeup-free every Tuesday.

They say it's an awesome reminder that people like them for who they are—not for what they look like! Guys at school have even formed a support group to cheer them on! Cool, huh?



17 EXPERTS

◀ **Jess Weiner**, an author, self-esteem expert, and Global Ambassador for the Dove Self-Esteem Fund.



◀ **Whitney Port** is a member of *Seventeen's* Body Peace Panel. Pick up her brand-new book, *True Whit*, for more confidence tips!

CELEBRATE

seventeen
Beauty Peace Day

ON APRIL 13!

Make a pledge to go makeup-free for the day, along with Whitney, Andrea, and the whole *Seventeen* staff! (Bonus: You can sleep a little later.) Go to seventeen.com/beautypeace and RSVP to the Facebook event to get updates on how to participate.

Sign the Beauty Peace Treaty!
Add your signature at seventeen.com/beautypeace.



THROUGH
THICK
or **THIN**
INTRODUCING
WHAT A LINE
FELT TIP EYELINER
POINT-PRECISE LINER THAT
DEFINES & INTENSIFIES
4 LONG-WEARING COLORS
THAT WON'T LET YOU DOWN

ASHLEY GREENE FOR

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Nearly
three times
as many people have
binge eating disorder
as anorexia and
bulimia combined.

food frenzy
Ice cream can
sweeten a bad day,
but it won't solve
every problem.

the secret
new **eating** disorder

We all overdo it on the Oreos *sometimes*, but more girls than ever say food feels like an addiction they can't control. Here's how to stop the cycle. BY kim tranell

You're stressed by school or bummed after a fight with a friend (or maybe you just feel *bored*), so you grab a Pop-Tart from the kitchen, and then you go back for another . . . and another. But whether you stop at two or polish off the whole box, it's not necessarily how much you've eaten that bugs you: It's the shame and guilt you feel afterward. And you start to feel helpless (and even hopeless), because you know you'll do it again. You think: Why can't I stop? and, Ugh, I feel so disgusting.

But if you've been blaming yourself, it may help to know that a lot of girls are caught in the same cycle, and that there's an actual eating disorder called binge eating disorder (BED). While experts say the disorder may actually be in some girls' genes, they also know it's being triggered now more than ever: There are tons of yummy snacks in the pantry and gigantic portions at every restaurant, and being bombarded by all that food *constantly* can easily set off a day of mindless eating or a frantic binge. So what can you do if you feel as if food rules your life? Here's how to tell if you're eating out of true hunger—or if you have an unhealthy habit.

is your eating normal?

NORMAL

- eating (most of the time) because you're **physically hungry**
- stuffing yourself **once in a while**
- having **seconds** or thirds on special occasions
- overeating when you've had a bad day (but **not obsessing** about it afterward)
- staying at a fairly **steady weight**

NOT SO NORMAL

- choosing **food over friends**, eating in secret, or hiding food in your room
- constantly feeling ashamed (and **hating yourself**) because you eat too much
- eating until you **feel sick**—or even pushing it beyond that “ugh” feeling
- **starving yourself** to “make up for” a binge
- steadily becoming overweight or **swinging** up and down dramatically with your weight.

WHY YOU OVEREAT (and the toll it takes!)

There isn't a quick fix to block the urge, but knowing what sets you off can help.

TRIGGER #1 your emotions

Sometimes eating gives you a high that lets you temporarily forget about your stress, anxiety, or anger. Lots of times, these feelings are subconscious, and you just think you're eating because you're bored.

TRIGGER #2 sneaky distractions

If you get used to overeating mindlessly in a particular situation (like while watching TV after school), your brain and body become conditioned to eat like a robot every time. Ask yourself: When do I usually binge or stuff myself?



TRIGGER #3 a super-restrictive diet

Starving yourself can send your body into binge mode: When it's finally faced with food, it wants lots of it, because it's afraid you'll starve it again! Eating smaller, more regular meals can take away the urge to overeat.

17 FYI

Binge eating and overeating can take a major toll on your mind and body: It can make you **anxious** and **depressed**, give you terrible heartburn, bloat your tummy, screw up your digestion (with diarrhea and constipation), and lead to **weight gain**—which can turn into even bigger probs, like **diabetes**.

"I beat binge eating disorder"

I started freshman year of college. I was adjusting to college life and bogged down by the workload—eating gave me a quick high that numbed how stressed I was feeling. I was in such a funk, I'd pick food over parties. My roomie would get ready to go out as I stayed in bed, playing sick. The moment the door closed behind her, I'd take out huge cookies I had been hiding under the covers and eat in a zombie-like trance—until I felt stuffed and gross and even sadder. I'd almost *always* cry myself to sleep.



My binges usually started like that, with foods I loved, but after a certain point, I'd eat whatever I could get my hands on—even if that meant occasionally stealing my roommate's food! And then one day toward the end of the year, as I was crawling under her bed to break into her stash of granola bars, she walked in. Ugh. Feeling so horribly ashamed at that moment made me wake up: My obsession with food was *not* normal.

That summer I told my parents I needed help, and I started seeing a therapist who treats BED. As much as it sucked to know I had an eating disorder, it was nice to realize that the craziness I was feeling had a name. Plus, now I know how to deal! Instead of using food to distract myself from the stuff that upsets me—even the simple stuff like a bad grade—I pause and look for a solution (like talking to my professor about extra credit) that will fix the *real* problem.

—erica, 23, park ridge, nj

are you truly hungry?

When you're growing (and active!), it's totally normal to feel **super-hungry** all the time. But if you suspect you've been eating for reasons other than **physical hunger**, pick a day and eat a small snack (like a granola bar) every time you *think* you're hungry between meals—then wait 20 minutes. If your urge to eat doesn't go away at all, it was most likely **emotional hunger**. If it does, it was probably **physical hunger**. Relearning how each one feels can help you get back in touch with your **true appetite** again.

you're not alone!

If you start to feel as if your eating habits are completely out of your control, talk to your doc, or go to bedaonline.com to find a counselor or support group near you.

17 EXPERT: Amy Pershing, L.M.S.W., A.C.S.W., the founding director of the Bodywise BED Recovery Program in Annapolis, MD, and Ann Arbor, MI, thebodywiseprogram.com.

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love life

QUIZ blowout!

love secrets

you never knew about yourself!

Just when you're drowning in midterms, more tests?!? But these fun quizzes will help you get the love life you've always wanted—so grab a pen!

BY elisa benson

✓
**are you a
good
kisser?**

✓
**what's your
flirting secret
weapon?**

✓
**do guys
think you're
confident?**

and more!

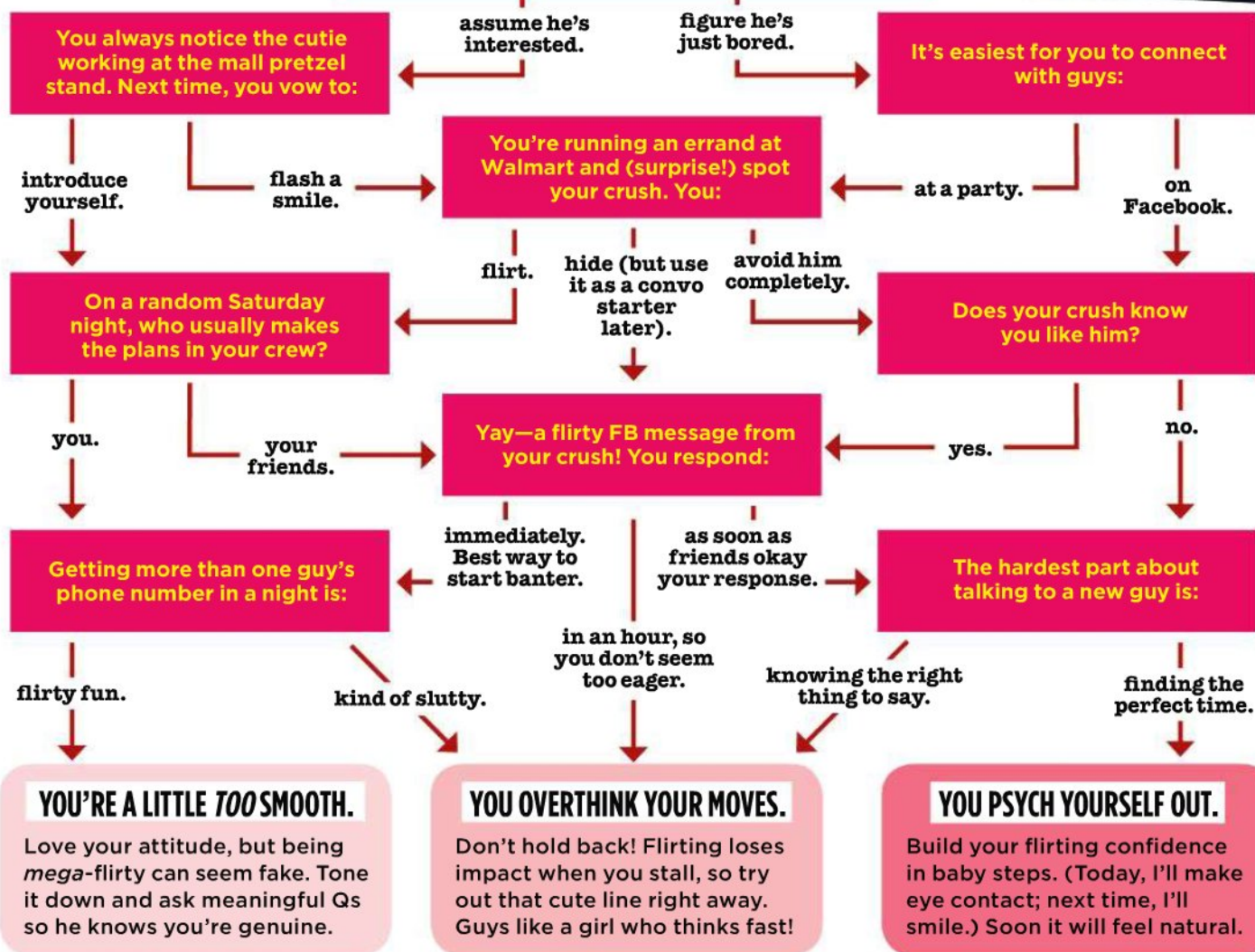
are you a good flirt?

Let's see if you need to step up your game.



start here

A guy friend has been texting you more than usual.
You:



MINI QUIZ

WHAT'S YOUR PARTY MUST-HAVE?

The one thing you rock at every party secretly reveals how confident you are around guys.



what it means: You know what you like when it comes to music and guys. But stay open to what he likes, too. Too much confidence seems bossy.



what it means: You're not that confident—and you use your camera as an excuse to stand back. Step it up: Ask a new guy to jump in the pic!



what it means: Using sexy clothes to get guys is a sign of insecurity. To build true confidence, work on approaching your crush first!

what **pics** should you post?

Thousands of dudes weighed in on the online photos that catch their attention. How hot are *your* pics?

Which **profile pic** would make a guy take notice?



GLAM



COY

ANSWER: COY. Guys love photos that show you flirting with the camera (like Leighton's sexy smile and smoldering glance). They're least drawn to photos with zero eye contact.

Which **weekend shot** will prompt a convo?



SEXY



PLAYFUL

ANSWER: PLAYFUL. Sure, he'll notice a skin-baring shot. But in one study, guys were more likely to message girls who posted interesting pics (like Kim and her pup!).

Which **makeup look** do guys find hotter?



NATURAL



DRAMATIC

ANSWER: NATURAL. Guys don't really "get" high-drama makeup. They like photos where they know they're seeing the real you. (Take note, Kati!)

17 EXPERT: Sam Yagan, the cofounder of dating site OkCupid.com.

MINI QUIZ

WHICH SHOES WOULD YOU WEAR ON A DATE?

The footwear you choose gives him major clues about you.



☐ booties

what they say:

You're fun! You love a good party and always know where the hottest one is happening. Even guys who don't follow trends get that this rocker-girl style oozes cool.

☐ heels

what they say:

You're confident! Stepping into a pair of heels instantly makes you feel more put together, so he'll immediately see you as sexy and self-assured!



☐ ballet flats

what they say:

You're sweet! These shoes have an innocent good-girl vibe—until you gently slide one off and run your foot against his leg. It's a hot move that he'll never see coming!



☐ flip-flops

what they say:

You're chill! The beachy vibe makes you seem low-maintenance, which helps him relax, too. Plus, he'll get a peek at your pedi—one of those girly touches guys love!



17 EXPERT: Provi Fulp, stylist, ShoeDazzle.

do you speak dude?

The Hot Guy Panel has a flirty remark for you!
How well do you read between his lines?



ISHMAEL SAYS:

1 "What are you doing this weekend?"

HE MEANS:

- A Keep me posted on your plans.
- B I want to make sure I see you.
- C I'm free if nothing better comes up.



ELISEO SAYS:

2 "Will your friend Lauren be there?"

HE MEANS:

- A I'm seriously into Lauren.
- B I don't want to hang out with just you.
- C Just wondering.



JARED SAYS:

4 "We should hang out sometime."

HE MEANS:

- A I'll text you soon.
- B Now the ball is in your court.
- C Let me know when you're free.



TREVOR SAYS:

3 "Nice pic" to your Facebook profile shot.

HE MEANS:

- A Just saying hi.
- B I'm secretly attracted to you.
- C I hope you message me.



MICHAEL SAYS:

5 "I'd love to get your number."

HE MEANS:

- A You're fun to talk to.
- B I'll call you later.
- C I love *knowing* I can get your number.



THE RESULTS:

1 **ANSWER: C**
"Unless I lock in exact plans with you, I'm just feeling out what's going on—you shouldn't expect to hear from me."

-ishmael, 19

2 **ANSWER: A**
"I admit: If I'm making a point to ask if a certain friend will be hanging out with us, I probably have a crush on her."

-eliseo, 17

3 **ANSWER: A**
"I know it sounds like a compliment, but guys throw FB comments around pretty casually. Don't read into it too much."

-trevor, 19

4 **ANSWER: B**
"A guy mentions hanging out as a test to see if you're interested. If you are, he expects that you'll make the next move."

-jared, 17

5 **ANSWER: C**
"We get an ego boost from knowing we can score your number. It in no way means we actually plan to call. Sorry!"

-michael, 20

3 OR LESS CORRECT

You're still learning the language.

You assume that what a guy says, he means. But flirting is all about subtle hints, so taking him literally gives you only half the story. Focus on his *actions* for real clues he likes you.

4 OR MORE CORRECT

You've mastered the lingo.

You know not to take what a guy says at face value—and because you're an expert at decoding his lines, you always know exactly the right thing to say back. Keep it up, flirty girl!

MINI QUIZ



WHAT'S YOUR GO-TO KISSING MOVE?

Your lips speak volumes to him. Find out what they're saying.

THE MOVE:

☐ soft & sweet

WHAT HE THINKS: SHE REALLY LIKES ME!

The amount of control says the kiss is intentional—he's not just a random hookup. And holding back on tongue gives a delicious prelude to what might happen next.

THE MOVE:

☐ cheek peck

WHAT HE THINKS: SHE'S COMMITTED.

You don't think twice about kissing his cheek in public (like when you meet up at the movies) because there's nothing racy about it—just genuine warmth and affection.

THE MOVE:

☐ lots of tongue

WHAT HE THINKS: SHE'S CLUELESS.

Messy, over-the-top tongue makes you seem inexperienced. To keep it hot, ease into it: Use your tongue to caress his lips, then just inside his mouth, then slowly go all the way in.

THE MOVE:

☐ biting his lip

WHAT HE THINKS: SHE WANTS TO GO FURTHER.

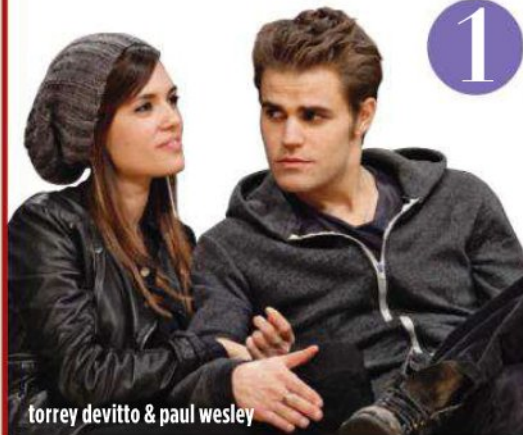
This advanced move says you know what you're doing—and that you're really into the hookup. Don't go there with a guy you're lukewarm about or he'll get the wrong idea.

17 EXPERT: Andréa Demirjian, kissing expert and the author of *Kissing* (Penguin Group, 2006).

can you read his body language?

These hot celeb guys are using their best moves. Can you tell what they really mean?

1 HIS MOVE: INTENSE STARE



torrey devitto & paul wesley

- A** He's totally caught up in how gorgeous you are.
- B** He's wondering WTF you're talking about.

2 HIS MOVE: NECK GRAB

- A** He's touching you in an intimate spot because he feels close to you.
- B** He's touching you in an intimate spot to show his control over you.



ashley greene & joe jonas

3 HIS MOVE: FINGER LACE

- A** He's gripping your hand because he's insecure that you might leave him.
- B** He's gripping your hand because he's in loooove.



selenagomez & justinbieber

1 ANSWER: A

A guy who looks at you like this is lovestruck! Other clues? If he touches your knee or crosses his legs toward you, like Paul.

2 ANSWER: B

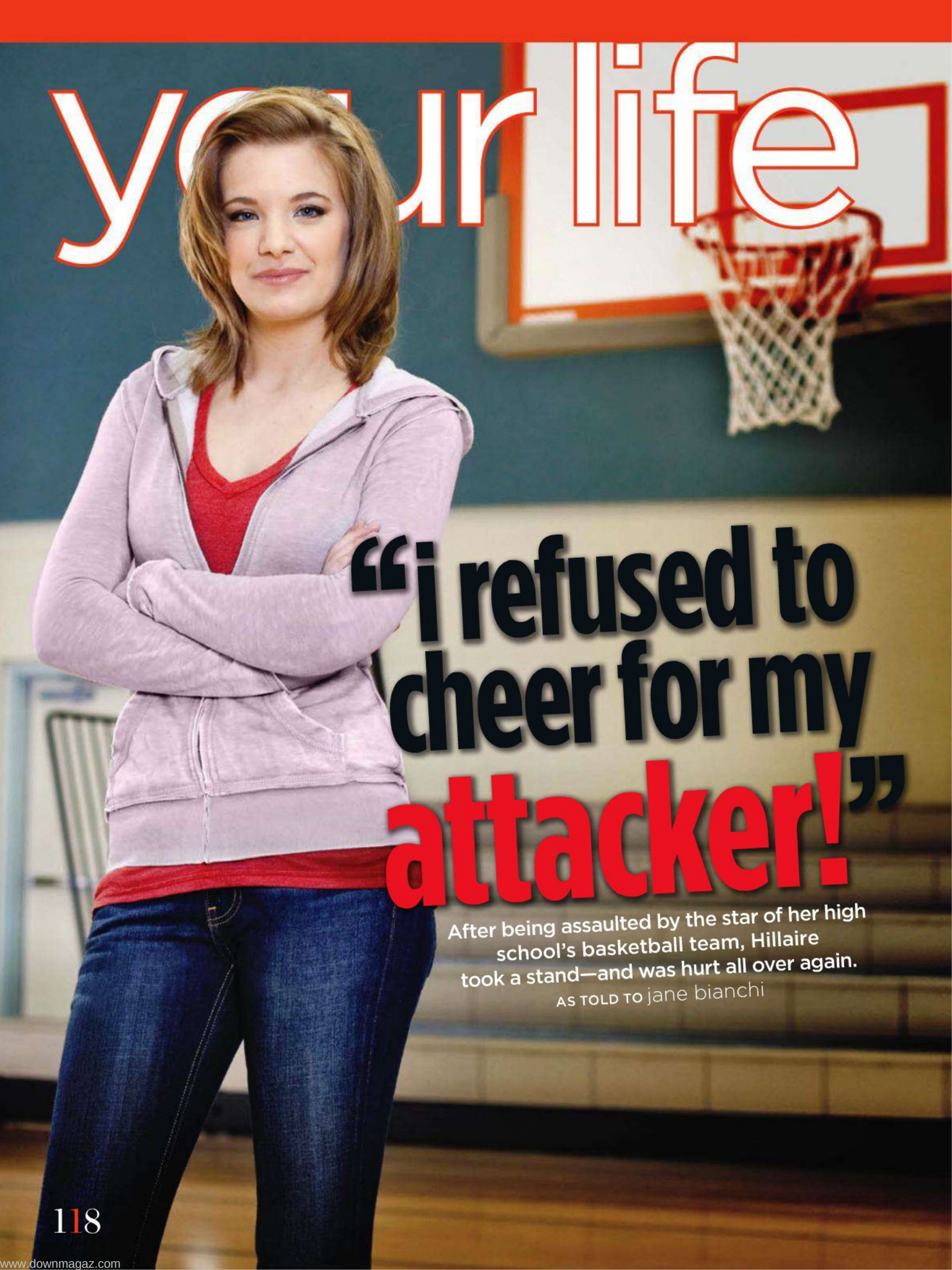
Holding you in a vulnerable spot in public is sketchy—like he's trying to get the upper hand. Are Ashley and Joe headed for trouble?

3 ANSWER: B

Intertwined fingers and a tight grip are a sure sign of a super-close connection. These two couldn't be more in sync—Bieber is smitten!

17 EXPERT: Fran Greene, a body language expert (frangreene.com) and the author of *The Flirting Bible* (Fair Winds Press, 2010).

your life



**“i refused to
cheer for my
attacker!”**

After being assaulted by the star of her high school's basketball team, Hillaire took a stand—and was hurt all over again.

AS TOLD TO jane bianchi

High School Rape Victim Spends Two Years in Court Fighting Ouster From Squad

When Rakheem stepped to the foul line, I was shaking. Standing in my cheerleading uniform on the sideline of my Texas high school gym, I had no problem rooting for my basketball team—but I had a big problem rooting for *him*. Three months earlier at a house party, Rakheem had attacked me and forced me to have sex with him. He was arrested two days later and was sent to a different school temporarily. Now he was back, and my coach expected me to wave my arms in the air and chant, “2, 4, 6, 8, 10, come on Rakheem, put it in!”? No way.

PARTY NIGHTMARE

It all started one Saturday night in October of my junior year, I went to a party at my classmate Jacob's house. About 20 school friends were there, so it felt like a safe place where I could let loose. I started taking shots and drinking beer.

Around 2:30 A.M., I was alone in a hallway when three huge guys pushed me into a game room. The door slammed behind me. They were all athletes from school: Rakheem and two other guys. I'd never had much contact with them, but I always thought they were nice. I didn't understand why they were being so aggressive.

Then suddenly one of Rakheem's friends grabbed me and pushed me down on the pool table. They were all strong—I couldn't fight back. Rakheem pulled me onto the floor as I was kicking and screaming and forced me to have sex with him. I was shocked by the horror of what was going on. I screamed, “Stop! Get off me!” but he wouldn't listen. Never in my life have I felt so terrified and helpless. Jacob heard me yelling and broke down the door. The three guys ran away, leaving me curled up in the fetal position, sobbing.

ROAD TO RECOVERY

The police came screeching up to the party. I gave a statement and then went to a medical clinic to complete a rape kit. I felt so scared and overwhelmed. I

was still shaking. That night, I had the worst nightmares—I slept in the same bed as my parents all weekend. But I went back to school the Monday after the attack. I wanted Rakheem to know that I was willing to confront him.

But the crazy part was, dealing with *other* students was the real issue. The entire school had heard what happened, and some classmates called me a liar and a slut. Once a guy in my class even said, “You just didn't want your dad to know you slept with a black guy.” I tried to keep my head high in school, but I cried when I got home because the comments were so hurtful.

NO BACKING DOWN

After a few months, Rakheem was allowed back in school and on the basketball team, because he hadn't yet been officially charged with the attack. During the first game Rakheem played, I crossed my arms instead of cheering when he came to the foul line. (I didn't plan to do this ahead of time, but I was so angry that it felt right.) At the next game a couple of weeks later, I sat next to my coach while the rest of the squad cheered for Rakheem. My coach wouldn't look at me or talk to me, even though I assumed she had heard what happened. Later during the game, she pulled me aside and said, “Cheer for everybody or you're off the team.” I refused to cheer for Rakheem, so she said, “Get your stuff.”

I couldn't believe how insensitive she was! I stormed out of the gym and was approached by my coach, along with my principal, superintendent, and assistant superintendent, who all agreed with my coach's decision. I burst into tears. They said I was being “insubordinate” by not cheering when I was supposed to. I felt so incredibly hurt and insulted.

Ultimately, Rakheem was charged with sexual assault, but he pleaded guilty to a lesser charge—he says he

kicked off the team
When Hillaire wouldn't root for her attacker, her school booted her from the cheer squad. Now she's fighting back.



didn't rape me. He got two years of probation, a \$2,500 fine, 150 hours of community service, and was ordered to take an anger management course. He got off easy, but overall, I feel relieved that he was punished at least a little bit.

My family and I are still furious about the way my school treated me, so we sued the school for kicking me off the team. But a federal court said that as a cheerleader, I was a “mouthpiece” for the school—not for *myself*. Apparently, I'm not allowed to share my own opinions at school. I still feel like I shouldn't be *forced* to cheer for anyone, so I'm asking the Supreme Court to consider my case. Being attacked was a horrendous experience, but being disrespected by my school was an extra slap in the face. I will keep fighting for my rights—no matter what. **17**

standing up against rape



Before starring in the classic cheerleading film *Bring It On*, actress Gabrielle Union was raped at age 19 at her job at a shoe store. She now works with RAINN (Rape, Abuse & Incest National Network). To get help, call RAINN at 800-656-HOPE or visit rainn.org.

“If you've been sexually abused, you're not alone. And there is someone who can help.”
—Gabrielle

april fools!

Want to pull off the funniest prank ever? Check out these readers' hilarious jokes!

"I PUNKED MY PRINCIPAL!"

“Senior year of high school, my friends and I **pranked our principal**. During lunch—while he was in a meeting—we wrapped his car with **plastic** (so we wouldn't chip the paint), then covered it with Post-its with our names on them! Thankfully when he saw it, he laughed and high-fived us.”

—MIRANDA, 19, DANIELSON, CT



JUSTIN GETS THE LAST LAUGH!

Last summer, a dude named **Kevin** snagged Justin's number by hacking into Justin's friend's **Facebook** account. Then Kevin sent Justin ten texts a day for three weeks! But Justin **got revenge**: He tweeted Kevin's number to his fans asking them to call him or text! Kevin got about 26,000 texts!

everyone call me 248- [redacted] :) or text

2 minutes ago via web
Retweeted by 100+ people



justinbieber
Justin Bieber

"EVERYONE'S HANDS TURNED BLUE!"

“To trick my friends, I mixed **hand lotion** with **blue food coloring**, and then put it in a dark bottle. In art class, I asked a girl if she wanted to use some, and she put it on without a second thought—that is until she noticed her hands were **blue**! Then she pranked someone else, and by the end of the day, almost every kid in my school had blue hands! Everyone still talks about 'blue lotion day.'”

—KENDRA, 16, MCKINNEY, TX



"I FED MY FRIENDS TOOTHPASTE!"

“I bought Double Stuf Oreos and replaced the cream in half of them with white toothpaste. I mixed the regular cookies with the fake ones and took them to school. Five people took a bite out of them—and gagged! Good thing they forgave me later!”

—TOREY, 17, ASHEBORO, NC



PRANK YOUR FRIENDS!

Try these ideas to get a good laugh.



WET 'N' WILD Put a rubber band on the sink sprayer. When someone turns on the faucet—splash!

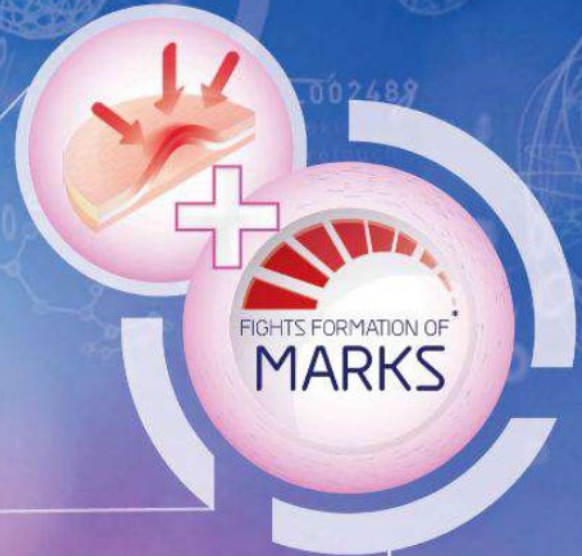


CELL OUT Change the language on your friend's cell phone. It'll be really confusing for her to change it back!



SWITCHEROO Before dinner, switch the contents of the salt and pepper shakers. It's a sure way to *shake up* the meal!

ACNE MARKS CAN TAKE
FOREVER TO GO AWAY.



Clearasil® Science: Acne + Marks Wash and Mask has a dermatologist-inspired formula that starts working as soon as a pimple starts. It clears pimples fast, while *fighting the formation of marks*. You'll look and feel awesome.

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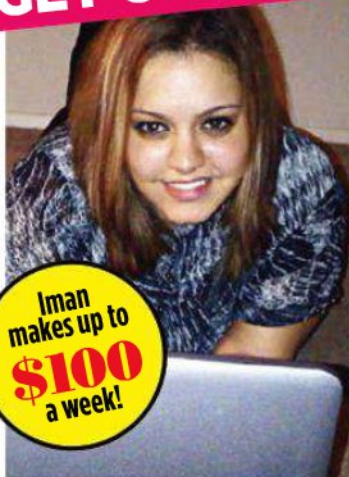


EASY MONEY

the easiest ways to make money *ever!*

Forget begging your parents for pizza money—try these *simple* jobs for quick cash. **BY** catey hill

GET OPINIONATED!



Iman makes up to **\$100** a week!

"I wanted a job that I could squeeze in between my classes (and do in my pj's!), so I spend five hours a week taking surveys online for companies. All I do is collect free samples and answer easy questions about soft drinks, makeup, movie trailers, bras, and more. It's fun, and each survey takes only a half hour!"

—IMAN, 22, BURTONSVILLE, MD

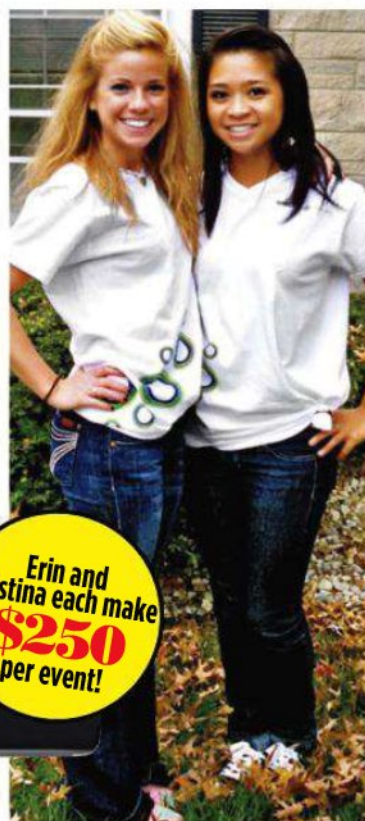
LAND THE JOB: Sign up at getpaysurveys.com.

BE SOCIAL!

"My friend Kristina and I are super-outgoing—we both love going to parties and talking to people. So when I heard about becoming a brand rep for Xbox through one of my sorority sisters, I knew it would be perfect for us. Now we get paid to play video games with our friends—it doesn't even feel like work!"

—ERIN (LEFT), 20, PERU, IN, AND KRISTINA, 19, HILLSDALE, NJ

LAND THE JOB: Apply at repnation.com.



Erin and Kristina each make **\$250** per event!



work less, make more! You don't need a full-time, year-round job to pocket crazy amounts of dough!

USE YOUR CREATIVITY!

"I've always loved making funny illustrations. When I drew a cute stick figure cannonballing into Grand Lake, Michigan—my favorite vacation spot—I was inspired to put it on a T-shirt! I went online to pick out the color, fabric, and size of the shirts I wanted and then scanned in my drawing. I made a bunch of shirts in just a few hours—without leaving my bedroom! I sell them at four local stores, and if I need money even faster, I sell them at craft shows on weekends."

—SUZANNA, 16, MIDLAND, MI

LAND THE JOB: Make your own tees at zazzle.com. PS: You can get our tees at zazzle.com/seventeen.

Suzanna made **\$450** last summer!



If you go to Brown University, Emma Watson could be one of your "five"!

seventeen's
FRESHMAN
15

5 people you'll meet in college!

There are a few characters who seem to be on every campus! The Freshman 15 introduce you.

ARE YOU STARTING COLLEGE THIS FALL?

We're looking for 15 new freshmen to share all the details of their first year of school. Apply now at seventeen.com/freshman15!

the cafeteria fashionista



“There’s a girl I notice in the caf because she always **looks perfect**—even during finals! I’m jealous of how cute she is, but when everyone else is wearing **sweats**, it just seems like a little too much effort!”

—VERONICA, RICE UNIVERSITY

the class snacker



“There’s one guy who eats basically a **full meal** during class. The crunching and **slurping** are so disruptive! Professors might be lax about eating in class, but it’s **not okay** to show up with the entire contents of the cafeteria!”

—ALIYYAH, UNIVERSITY OF PENNSYLVANIA

the gym tool bag



“One time this overly tanned, muscled guy at the gym **tried to ask me out** by asking me if I’d ever ‘**really seen the city of Eau Claire**.’ It was such a line! **Beware** of any gym rat who seems a little too smooth—he uses the gym as his personal **pickup spot**. Ew!”

—CARLY, UNIVERSITY OF WISCONSIN-EAU CLAIRE

the orientation creeper



“I met a girl at **orientation** who was nice but then immediately added me on Facebook and started **following me everywhere**. The thing is, you meet so many people during the first week that **everyone** is relaxed about it—when someone instantly comes on **too strong**, you know to rule them out!”

—KATIE, UNIVERSITY OF NORTH CAROLINA

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**SPECIAL
STYLE
SECTION!**

17 WAYS TO REDO YOUR ROOM!

Create a space that's cozy, organized, and chic with these tips from superstar decorator **Nate Berkus** (host of *The Nate Berkus Show*)! BY neha gandhi

1

2

3

4

6

5

bedding Tangerine Dream comforter set, Seventeen Bedding Collection, \$100 for full size, JCPenney and jcp.com. **sheets** Paisley Pop Sheet Set in Dark Pink, PBteen, \$99 for queen size, pbteen.com. **gold and floral pillows** Stylist's own. **chevron pillow** Sunset Chevron Pillow, Pier 1 Imports, \$35, pier1.com. **side tables** Parsons Cube Side Table (right), \$149, and Faceted Mirror Side Table (left), \$199, West Elm, westelm.com. **pouf** Metallic Pouf in Gold, Nate Berkus, \$100, home-decor.hsn.com. **cube storage** Ladoro Basic Cubes, The Container Store, \$79 per cube, containerstore.com. **sheepskin throw** IKEA, \$25, ikea-usa.com. **cream rug** Textured Wool Rug in Natural, PBteen, \$269 for 5' x 8', pbteen.com. **jute rug** Nate Berkus, \$300 for 8' x 10', home-decor.hsn.com.

GET THE LOOK

1 Ban those boring walls!

Create a pattern with contact tape, then paint over it and peel off the tape to reveal the print!

"I like to get inspiration from fashion fabrics," Nate says.

paint Premium Plus Ultra Paint in Eggshell Soft Pink 190A-1, Behr, \$32 for one gallon, The Home Depot

2 Make your window your headboard.

Hang your curtains on a U rod (it is made for showers and is available at most hardware stores). It will bring the curtains out from the wall, so they frame your bed in a pretty way.

3 Create a mini gallery!

Turn your favorite pics of your friends into art by hanging them in a grid of matching frames.

frames Ribba, IKEA, \$10 each, ikea-usa.com

4 Layer your bedding.

Layer pillows and sheets in different patterns to add some visual interest. To keep the bed from looking crazy busy, make sure to stick to one color palette and add a neutral piece on top (like a throw).

throw Nate Berkus, \$90, home-decor.hsn.com

5 Free up table space.

Instead of using a lamp on your nightstand, hang a pendant lamp over it (and make room for pretty things like books and flowers!).

lamps Fab Floral Chandelier, PBteen, \$99 each, pbteen.com

6 Mix up your art!

Put a few prints and frames in different sizes close together on a wall. It will feel hodgepodge-y but not messy!



Add a flash of glam!

Use shiny metallic pieces as neutrals—they go with almost any color and pattern. *"Everything looks cooler with a metallic edge."*

pillow Metallic Sequin Pillow, Nate Berkus, \$50, home-decor.hsn.com

Turn your jewelry into a design statement.

Put your prettiest pieces out so everyone can see them. A jewelry tree is practical, too—nothing gets tangled on it!

jewelry tree Little Birch Jewelry Stand, Urban Outfitters, \$32, Urban Outfitters stores and urbanoutfitters.com



Make your room look bigger.

A big mirror can open up any small space—put it in a corner for the strongest impact. And to really draw the eye to it, paint it a bright color!

white mirror (painted) Mongstad Full-length Mirror, IKEA, \$100, ikea-usa.com



paint Premium Plus Ultra Paint in Semi-Gloss Tropical Smoothie 120B-7, Behr, \$34 for one gallon, The Home Depot

DIY a lamp!

Put metal studs along the edges of a plain lamp shade for a runway-inspired touch!

"You're turning something from a store into something that's one of a kind!"

lamp Handcrafted Orbit Table Lamp, Nate Berkus, \$130, home-decor.hsn.com.
studs 5/8" pyramid studs, \$8 for 50, studsandspikes.com.





Hide the ugly stuff!

Use decorative boxes on your desk to stash messy papers, pens, and chargers instead of leaving them out.

boxes Baroque Fabric Storage Boxes, The Container Store, \$13 for small, \$15 for medium, and \$20 for large, containerstore.com



Shrink your desk!

A console table doesn't take up as much space as a typical desk. Look for one that is 30" to 32" high, so you can sit at it comfortably.

"I've used this trick in my own apartment!" Nate says.

table Peekaboo Clear Console, CB2, \$349, cb2.com



Organize cutely!

Use a shoe organizer in a surprising way, as a catch-all for everything from staples and papers to art supplies!

shoe hanger Over-the-Door Shoe Organizer, Household Essentials, \$16, amazon.com



Dress up a cheap box!

A plain acrylic box can become special when you glue a cool appliqué to it! It's perfect for storing jewelry or makeup.

box The Container Store, \$10, containerstore.com.
appliqué Beaded RS Appliqué, M&J Trimming, \$20, mjtrim.com.



GET THE LOOK

1 Create a mini lounge!

Floor pillows are great when you don't have room for a full-size sofa! People love to crash on the floor.

2 Add mood lighting.

Use a floor lamp in your hangout space to make it feel warmer and more inviting.

"I like a lamp because it changes the feeling of the room. I hate overhead lighting!"

lamp Big Dipper Arc Lamp, CB2, \$199, cb2.com

art Assorted Bird Art, Pier 1 Imports, \$30, pier1.com. **stool** Bubbles Ceramic Drum Stool, West Elm, \$129, westelm.com. **chair** Furlicious Butterfly Chair, PBteen, \$35 for chair base and \$74 for slipcover, pbteen.com. **floral pillow (on chair)** Diamond Flower Applique Pillow, Pier 1 Imports, \$35, pier1.com. **gold pillow** Metallic Mix Sequin Pillow, Nate Berkus, \$50, home-decor.hsn.com. **floral pillow** Sari Bloom Euro Sham, Amy Butler, \$50, Bed Bath & Beyond stores. **pink pillow** Chrysanthemum Floral Euro Sham, DKNY, \$60, dknyshome.com. **rug** Ultra Plush Rug in Ivory, PBteen, \$269 for 5' x 8', pbteen.com.



Make a chair cozier!

Use a dining chair at your desk with a fluffy cushion: It looks boho and feels comfy.

chair Darby Chair, JCPenney, \$119, jcp.com.
pillow Mongolian Lamb Pillow Cover, West Elm, \$59 for 16" square, westelm.com.



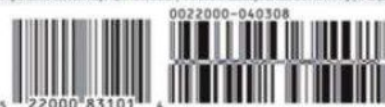
TUNE IN!

Watch
The Nate Berkus Show!
Check out
thenateshow.com for
air dates and times
and to get more tips and
decorating ideas!



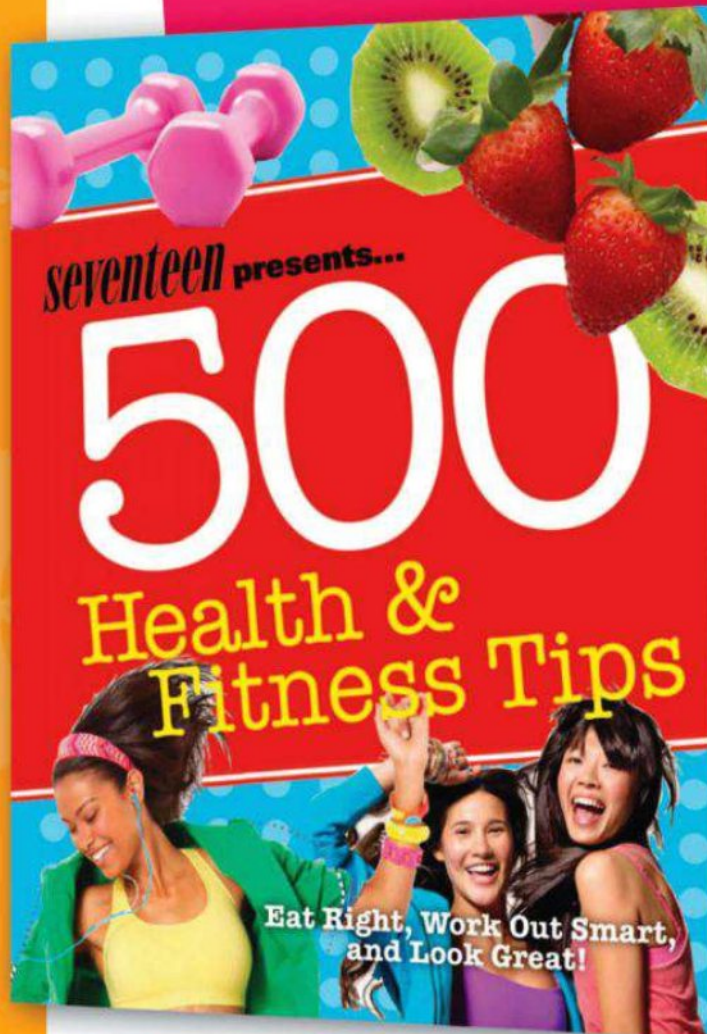
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—anytime.

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tropical remix

[illegible]

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Pretty Little Extras p. 150

Have a Happy Breakup! p. 154

"Don't Be a Teen Mom" p. 158

APRIL 2011

seventeen

It's our juiciest issue ever! Turn the page to find insider shopping secrets and genius celebrity hair tricks. Then get true life confessions about pregnancy (from some teen moms you know) and sneak a peek at the *real* Victoria Justice.

seventeen.com | APRIL 2011

129

MAIN PHOTO: KENNETH WILLARDT; FASHION STYLIST: BEAU QUILLIAN AT CELESTINE AGENCY; HAIR: DANIEL HOWELL FOR PARLUX BLOWDRYERS AT TRACEY MATTINGLY.COM; MAKEUP: RACHEL GOODWIN FOR CHANEL AT THE WALL GROUP; MANICURE: KIMMIE KYEES FOR CELESTINE AGENCY.COM.

Don't even try to cram her into the teen-star machine. Victoria may be destined for success, but she's getting there on her own terms.

Some celebrities have complete freakouts about the nasty stuff tabloids say about them. Some can't handle the mean comments responding to a Perez post. But every morning when Victoria Justice wakes up, she dreads facing her harshest critic: *herself*. "I'm soooo hard on myself when I make mistakes," she says. "I'm a perfectionist. Sometimes I feel like nothing I do is ever good enough; I'm learning how to ease up on myself a little bit." It's easier said than done for this 18-year-old Florida native, who plays Tori Vega on Nickelodeon's breakout hit *Victorious*. She might have a hot show, a promising singing career, and dance moves that would make Britney jealous ("I'm obsessed with Britney Spears. I watch her videos over and over," she says!), but Victoria doesn't feel like she's earned the respect of her fans until she's given them her all. "I want to come to work every day and be so full of life and energy and excitement that I don't want to go home," she says. She actually graduated at 16 just so she could get on with her career—and she dreams of the days when she is working with a director who makes her do 90 takes to get a scene right. "To

VICTORIA JUSTICE

by lori berger

photographs by kenneth willardt

ON VICTORIA: Jacket,
Zadig & Voltaire; dress,
Gold Hawk; earrings,
Betsey Johnson; white
bangle, Pono; brown
bracelet, Alexandra Beth;
booties, Sam Edelman.



ON VICTORIA: Jacket,
Muu Baa; dress, BCBG;
earrings, Noir; ring,
Circa Sixty Three; shoes,
Rebecca Taylor.

“
I CAN BE LOONY
AND INSECURE
JUST LIKE
ANYONE ELSE.
”



me, *that's* what it's all about—to work with someone who wants to get the best out of you.” But all the pressure that she puts on herself and all the anxiety that comes with trying to be a star in Hollywood have definitely taken their toll on Victoria: “In high school there were times when I felt alone and isolated,” she says. And like so many girls, she says that one of the biggest struggles has been figuring out who her real friends are. “[In school] I became a target for some people who thought I had changed when I got a TV show—it’s very easy for people to find things wrong with you.” But it’s the lessons she’s learned from those tough times that have helped turn her into the driven go-getter she is today. “I’ve matured a lot faster and made mistakes a lot earlier, and I’ve had to learn things a lot quicker because everything I do is under public scrutiny,” she says. But this year, the spotlight that’s on her is about to get even brighter. She just finished shooting her second season of *Victorious* and recording the soundtrack for the series, which will be in stores in April. She sat down with *Seventeen* after 10 hours of nonstop shooting, two major TV interviews, and about a thousand random autographs—and by the way, she barely had time to eat all day, so her mother (whom Victoria calls her best friend), hands her a bowl of rice and beans. Dressed in leggings, black buckled boots, and a Ramones T-shirt, Victoria opens up about how hard it is to make everyone happy—but how hard she’s willing to try.

17. Most girls probably think you have a perfect life—you’re beautiful, famous, and successful. How do you see yourself?

Victoria Justice: Do you really think girls see me as perfect? I’m not perfect, and I don’t wake up every day looking glamorous. I know that everything that’s going to come out of my mouth isn’t going to be perfect. I really see myself as a normal, goofy girl. I can be loony and insecure just like anyone else.



ON VICTORIA:
Cardigan, Zadig & Voltaire; shirt, Monrow; shorts, Anna Sui; necklace, Sequin; beige bangles, Pono by Joan Goodman; wooden bangle, Sequin; shoes, Stuart Weitzman.

17: What are you insecure about?

VJ: I’m not completely secure with everything on my body. I know what my flaws are, but I have decided to embrace them or at least work with them and try to love them. Like girls everywhere, I’m learning to accept that we’re born the way we are, and there’s not a lot we can do about it. No one is going to love everything about herself. We need to work it, ladies, instead of complaining about it!

17: How did you find your confidence?

VJ: Growing up, I saw pictures of celebrities who I thought were so beautiful, like Jessica Alba and Megan Fox. And I felt like I paled in comparison to those women. But since I’ve been in this business, you come to see how pictures and celebrities get Photoshopped—though those girls are still naturally beautiful. But it’s not all about the exterior—it’s about what’s inside and about making yourself the best person you can be. And for me, that’s being kind and giving and having great energy, because ultimately that’s what will draw people to you.

17: Were you popular in high school?

VJ: Being popular is a weird concept. In high school, popularity is so much about going

to the right parties and hanging out with the in crowd and looking a certain way. And probably for the first month of high school, I cared about looking good every day—but then I just didn’t care anymore because I realized there was no one I needed to impress. I went to a big public school with a lot of people, and I had a small group of friends who I was comfortable with. I wanted to hang out with people who are good and honest. If popular means being one of the girls who are obsessed with looking good all the time and having lots of boys like them, I don’t want to hang out with those people. That’s being immature and

stupid. Why would anyone want to isolate themselves from people who you could potentially learn something from and be friends with? I think cliques are ridiculous.

17: Is there anyone you don't like?

VJ: I don't like people who are disingenuous. I don't like people who feel like they have to put other people down to make themselves feel better. But I try to find the best in people, even if I'm not completely comfortable with them.

17: Do you think you've changed since the show has become a hit?

VJ: No, I don't. If anything, I see people around me changing and it bothers me. I've lost a lot of friends recently, and I'll fall into a depression about that and feel really down.

17: Have you grown apart from your high school friends?

VJ: This is obviously a time when we are growing up and changing and trying new things. A lot of my friends are smoking and drinking and like to party a lot. And it's not where I'm at right now.

17: Was there a time when you partied?

VJ: I'm not going to lie to you: I've tried things. I'm not some robot who's programmed to be perfect. I've been to high school parties. And even if I've had a drink, it's always in a responsible way. I did go through a phase when I wanted to try smoking, and for a minute I did. But shortly after, I just kind of realized it was gross, and I didn't like anything about it. If I'm at a party, I'm going to dance, not huddle in some corner and smoke or sneak a drink. I feel that smoking, drinking, and doing drugs are kind of selfish because you end up isolating yourself from everyone else. And I've had to make certain choices and be a lot more responsible with my life. I've been given a huge opportunity, and I don't want to let my fans and my family down.

17: Do you feel like you're under a lot of pressure to do the right thing all the time?

VJ: There are times when I just want to let go

completely and just be a normal teenager. But there are girls who look up to me, and I *do* have more responsibility than the average teen. I can't just be like, Oh, well, who cares, because right now I want to do this or that or just have fun tonight.

17: What have you learned from the tough times of other young stars like Miley and Demi?

VJ: Sometimes there are things a person needs to go through to become the person she is meant to be. I don't think that because these high-profile people are going through personal issues that it means they are bad people. It just means they're trying to figure themselves out, and you can't hate them for that. And whether it's me or someone else, we're all going through something and just trying to figure it out.

17: Who is your celebrity role model?

VJ: I really admire Justin Timberlake's career. He's done exactly what I would like to do. It's hard to transition from being a family-oriented kid star to having a solid adult career, but he's done it amazingly well. He is genuinely talented but seems like a normal, goofy guy.

17: Any big plans for your 18th B-day? [Editor's note: Victoria turned 18 on February 19, just as this story went to press!]

VJ: I do feel like it's a big deal. I feel like I've been growing up a lot. I have a stronger sense of who I am, which is nice. But I'm not really a birthday-party person. I know that sounds weird, but being the center of attention freaks me out. I think that goes back to being a perfectionist and thinking I'm not good enough. As I've gotten older, I've sort of lost that mind-set. It's taken me some time just to be able to let loose.

17: Is it hard to be yourself when so many people are focused on your career?

VJ: One of the most important things to me is staying true to myself and doing things that I love. If I just listened to other people all the time, I'd become lifeless. I don't want to become so trained by others that I'm not *real* anymore. **17**

“
I'M NOT SOME
ROBOT WHO'S
PROGRAMMED
TO BE PERFECT.
”

ON VICTORIA: Jacket,
Zadig & Voltaire; dress,
Sachin and Babi;
headband, Jennifer
Behr; necklace,
Subversive; shoes, Frye.



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favorite stores and styled
spring's cutest looks. Get ready:
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photographs by nicholas routzen

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jacket
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sweatshirt
Sizes XXS-XXL, \$30.
shirt
Sizes XXS-XXL, \$40.
shorts
Sizes 00-18, \$37.
bag \$20.

All American Eagle
Outfitters. Available
at American Eagle Outfitters
stores and ae.com.



forever 21

blazer

Sizes XS-L, \$28.

cardigan

Sizes XS-L, \$20.

blouse

Sizes XS-L, \$17.

skirt

Sizes XS-L, \$17.

necklace \$15.

All Forever 21. Available
at Forever 21 stores
and forever21.com.

TOPSHOP

tank

Sizes 2-12, \$55.

shorts

Sizes 2-12, \$70.

chain necklace \$28.

bag \$135.

wedges

Sizes 5½-11½, \$300.

All Topshop. Available
at topshop.com.

ON MODEL: HEADBAND, DEEPA GURNANI; BEAD NECKLACES AND RING, LENORA DAME; ROBOT NECKLACE, M. HASKELL.

VICTORIA'S SECRET PINK

hoodie

Sizes XS-L, \$45.

dress

Sizes XS-L, \$35.

tank

Sizes XS-L, \$17.

All Victoria's Secret
PINK. Available at
Victoria's Secret stores.

ON MODEL: HAT, O'NEILL; BEADS ON HAT, M. STYLE LAB; EARRINGS, LAURA ASHLEY; SUNGLASSES, CHRISTIAN DIOR; SHOES AND BROWN, GOLD-BRAIDED, ORANGE-BRAIDED, AND FOUR-STRING BRACELETS, ALL LULU'S; STACKED RINGS AND ROPE AND PINK-BRAIDED BRACELETS, ALL H&M; GREEN AND BROWN BRACELETS, ETTIKA; TWO-STONE RING, FANTASY JEWELRY BOX.

aéropostale

shirt (worn open)
Sizes XS-XL, \$35.

romper
Sizes XS-XL, \$50.

shirt (underneath)
Sizes XS-XL, \$35.

necklace \$11.

All Aéropostale.
Available at Aéropostale
stores and aeropostale.com.

more in store!

Love the looks? Then hit the stores! Here are more pieces you'll love—right off the racks.



AMERICAN EAGLE OUTFITTERS

Read up on the classics this season—graphic stripes, liberty prints, and utility shapes are what the new preppy is all about.

pants
Sizes 00–18, \$50.
belt \$20.



hoodie
Sizes XXS–XXL, \$30.
shirt
Sizes XXS–XXL, \$40.



shoes
Sizes 6–11, \$20

forever 21

Get your sugar fix here! Sweet details and soft pieces give any outfit a pretty update!



sweatshirt
Sizes XS–L, \$23



necklace \$11



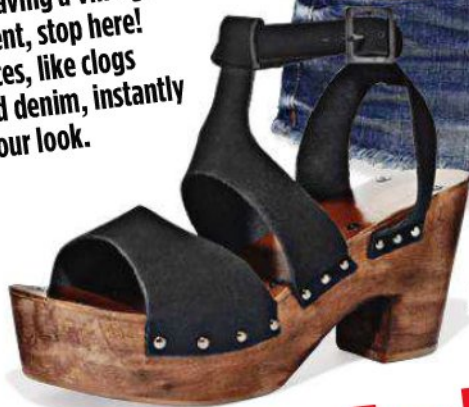
skirt
Sizes XS–L, \$17.
belt \$7.

Fashion Stylist: Lara Backmender at Kate Ryan, Inc. Hair: Staci Child at Defacto for Cutler NYC/Redken. Makeup: Mizu for Maybelline New York. Manicure: Sofia Shusterov for Sephora by OPI at Judy Casey, Inc. Still Lifes: Jesus Ayala/Studio D. Still Lifes Stylist: Claire Tedaldi for Halley Resources.



TOPSHOP

If you're craving a vintage rock moment, stop here! Tough pieces, like clogs and ripped denim, instantly amp up your look.



sandals
Sizes 5½-11½,
\$110



shorts
Sizes 2-12, \$70



necklace
\$28

tank
Sizes 2-12, \$65



aéropostale

Comfy meets cool—check out the flowy silhouettes, brushed cotton pieces, and perfectly worn-in denim!



skirt
Sizes XS-L, \$40



dress
Sizes XS-XL, \$45.
camisole
Sizes XS-XL, \$35.



shirt
Sizes XS-XL, \$35.
necklaces
Ribbon necklace, \$20, bugle-bead necklace, \$20, and multirow necklace, \$30.



VICTORIA'S SECRET PINK

Sporty has never looked so sexy! Gym-inspired pieces and lots of intense color will get your heart racing.



shirt
Sizes XS-L, \$17



duffle \$40



skirt
Sizes XS-L, \$35



Serge creates curls that stay: Use a curling iron on small sections, pin-curling each section as you work. Remove after 15 minutes and lightly tease with a brush.



Twirling random strands gives a simple pony tons of texture!



Make a bun bolder—run your fingers through the front of your hair to loosen it from the elastic.



Serge loves messy braids! He gently pulls on the braid from the sides to make it look boho cool.



Serge says soft waves look extra flirty when you create a deep side part.



Serge has his own line so you can create these looks at home!

Serge Normant Meta Luxe Hair Spray, \$25, spacenk.com

STAR POWER!

Only top-tier celebs get access to super-stylist Serge Normant—but thankfully, you're on the list. Here, he reveals all his star secrets so *you* can create these megawatt styles!

BY KARI MOLVAR

PHOTOGRAPHS BY ONDREA BARBE

ANDREA, 20

HIGH HALF-UP STAR SECRET

An off-center pin gives this everyday style a hit of Hollywood glam! Pull your hair half back and push it up to one side. Then secure it with bobby pins.



ANDIE, 20



LUSH WAVES

STARSECRET:

The best waves have tons of body, but look slightly undone. Roughly blow-dry hair to add volume all over, then wrap strands around a 2" curling iron, leaving out the ends to get that messy bend.



COLLEEN, 21



SOFT BOUFFANT

STARSECRET:

Sky-high volume makes this sweet look ultra-modern. Sweep hair back around the crown and fasten with a barrette. Gently push the front section forward and tug a few strands loose with your fingers or a teasing comb. Spray with dry shampoo or hairspray, and then separate the ends with your fingers to form cute flyaways. Spray again to set.



JACQUELINE, 17

BIG PONY

STAR SECRET:

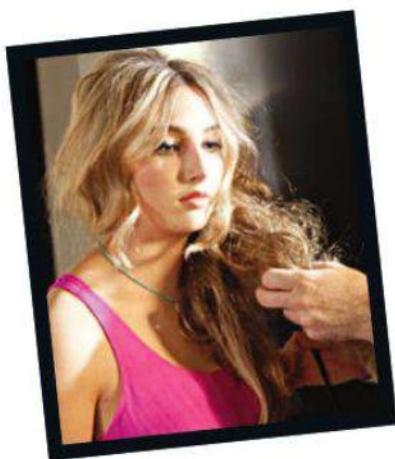
Lots of teasing make this pony purposefully poufy! Spray dry shampoo at your roots for body, then pull your hair back into a ponytail. Twist random strands to create air pockets and spritz with hairspray. (That's what gives the pony even more volume!)



MESSY SIDE BRAID

STAR SECRET:

Beat up this braid to give it its loose, careless feel. Start by back-combing your hair all over, and misting your whole head with hairspray—it will give your hair more grip! Then pull your hair to one side and braid it loosely. Tease the tips together to secure the braid—you can skip the elastic!





ON JIE: TANK, PINK INK; EARRINGS, BETSEY JOHNSON; ON JACQUELINE: (MAIN PHOTO) TOP, EZEKIEL;
EARRINGS, BETSEY JOHNSON; (INSET) TANK, CACHAREL; NECKLACE, AMI CLUBWEAR.

Pretty little EXTRAS

Sometimes your style needs the perfect finishing touch. Master stylist Ted Gibson whipped up these sweet looks, each accessorized with something special.

Photographs by Sabine Liewald

BY MEREDITH GRAY

try: L. Erickson
Pearl Headband in
White, Petal Pink,
and Graphite,
\$18 each,
franceluxe.com

try: Jennifer Ouellette
Skinny Grosgrain Band
with Hanging Peacock
Feathers in Camel, \$99,
jenniferouellette.com

try: Henri Bendel
No. 7 Skinny Pavé
Barrettes, \$42 each,
Henri Bendel stores

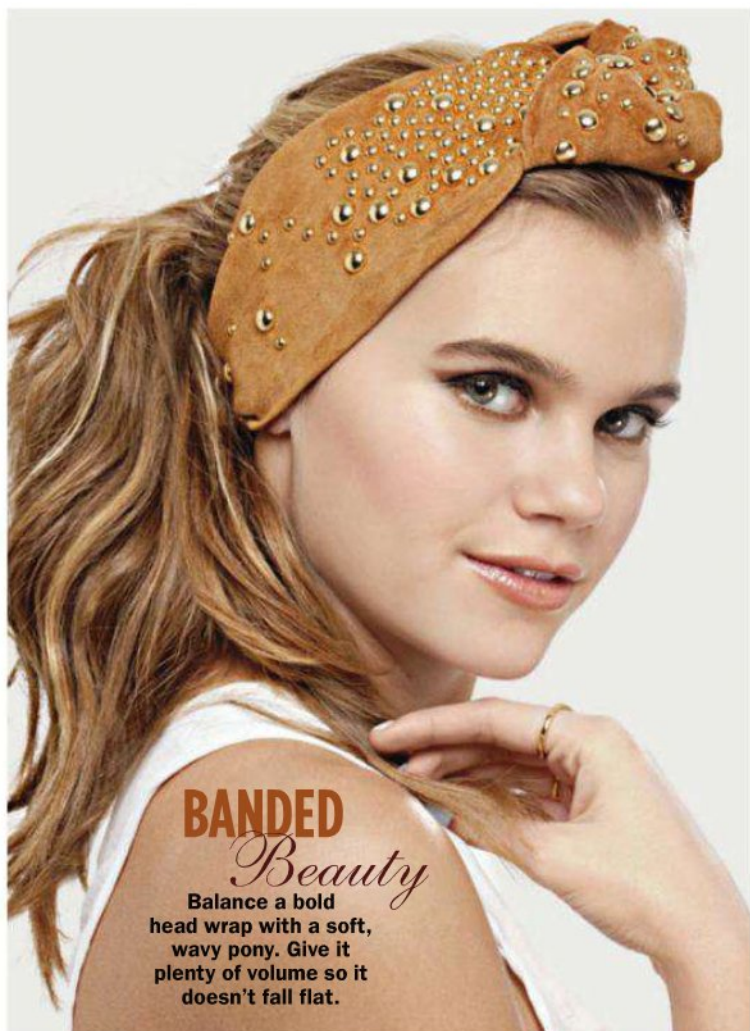
try: Forever 21
Lace Rosette Hair
Clip in Peach, \$4,
forever21.com

try: Forever 21
Satin Bow Clips in
Champagne,
\$2 for set of two,
forever21.com



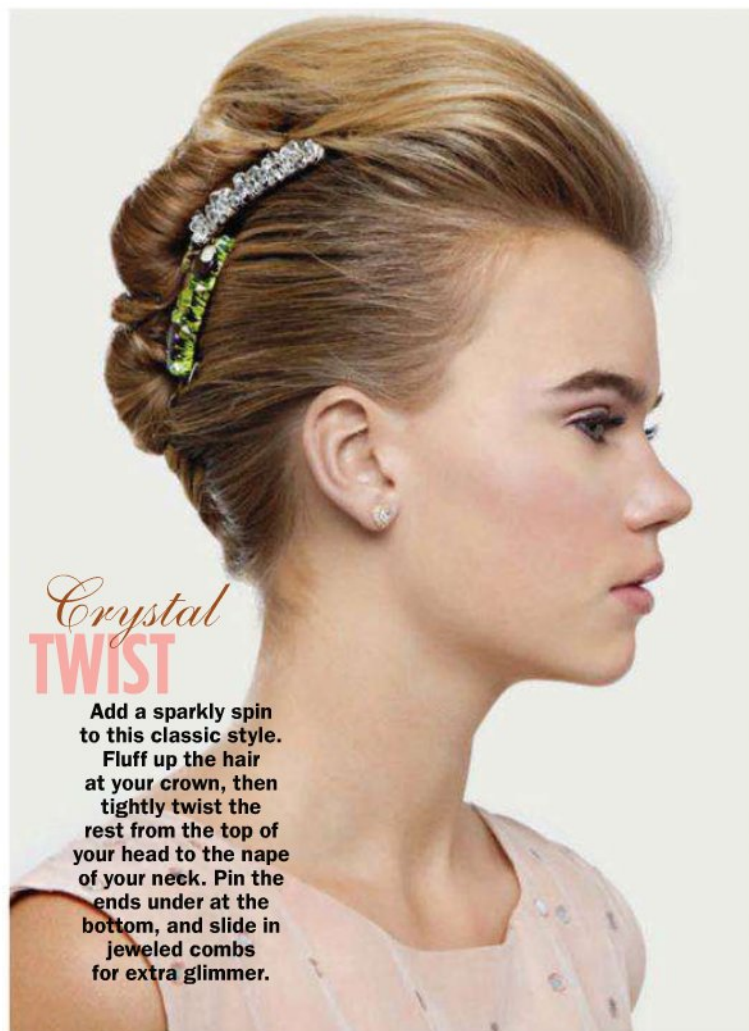
Bloom **FULL**

*Lush oversize
flowers are the perfect
accent to a pretty
bun—keep your hair
tucked out of the way
so the roses capture
all the attention!*



BANDED *Beauty*

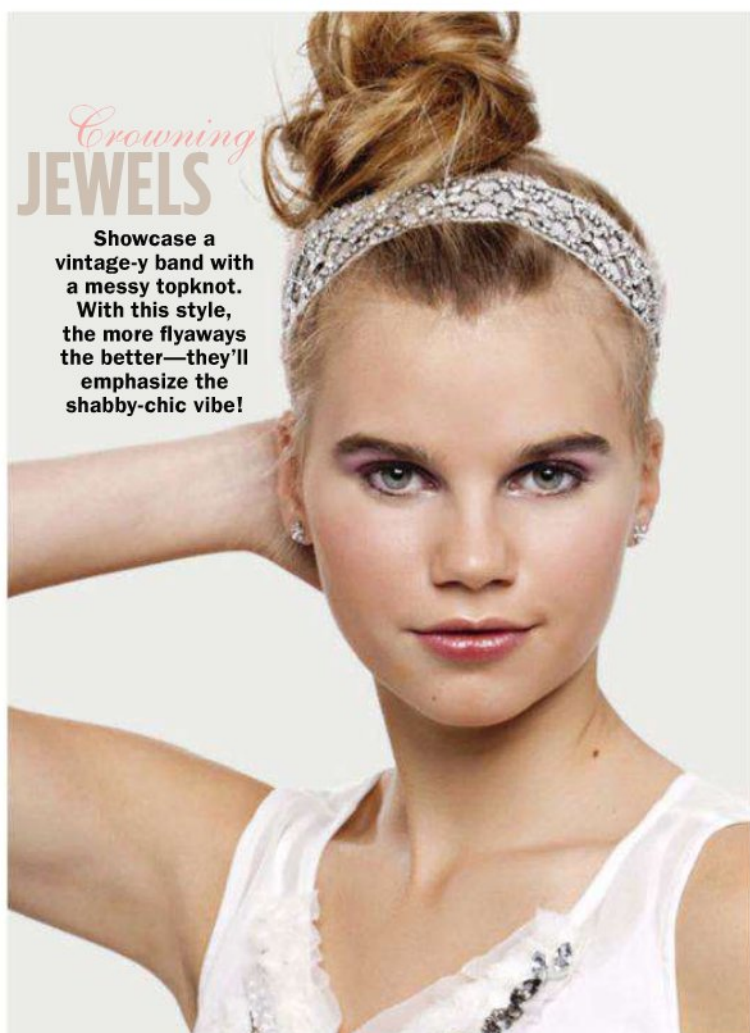
Balance a bold head wrap with a soft, wavy pony. Give it plenty of volume so it doesn't fall flat.



Crystal TWIST

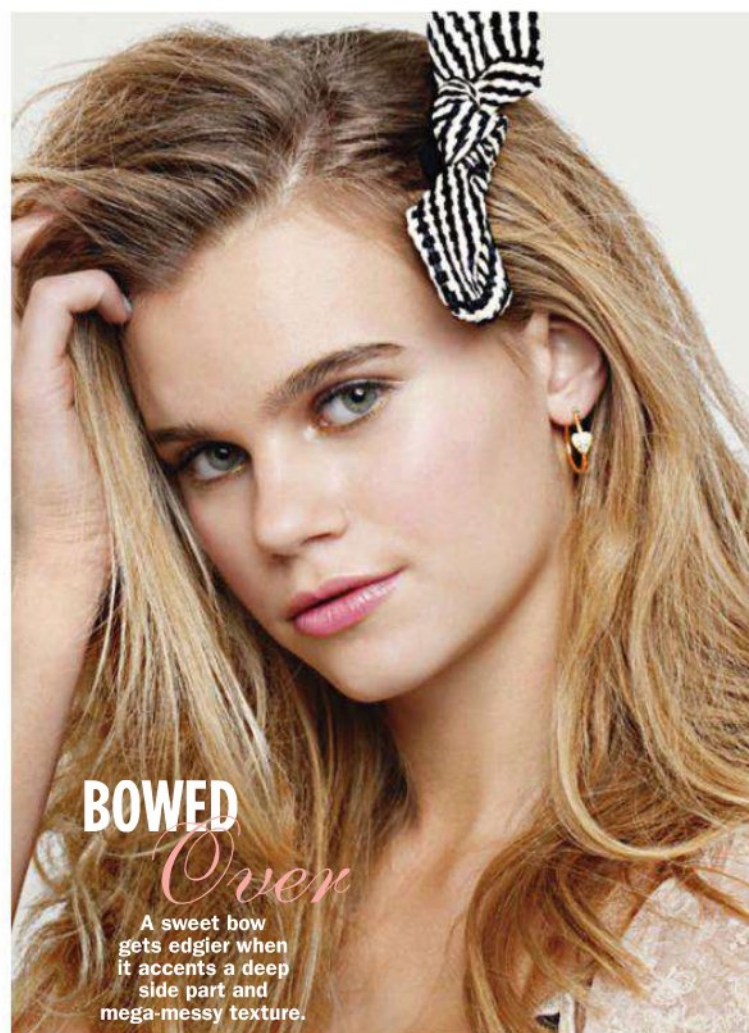
Add a sparkly spin to this classic style.

Fluff up the hair at your crown, then tightly twist the rest from the top of your head to the nape of your neck. Pin the ends under at the bottom, and slide in jeweled combs for extra glimmer.



Crowning JEWELS

Showcase a vintage-y band with a messy topknot. With this style, the more flyaways the better—they'll emphasize the shabby-chic vibe!



BOWED *Over*

A sweet bow gets edgier when it accents a deep side part and mega-messy texture.

ON MODEL, THIS PAGE: (BANDED BEAUTY) TANK, LINE & DOT; HEAD WRAP, JENNIFER BEHR; RINGS, ERICA ANENBERG; (CRYSTAL TWIST) DRESS, REBECCA TAYLOR; HAIRPINS, COLETTE MALOUF; EARRINGS, BETSEY JOHNSON; (CROWNING JEWELS) DRESS, ERYN BRINIE; HEADBAND, JENNIFER BEHR; EARRINGS, BETSEY JOHNSON; ON MODEL, OPPOSITE PAGE: TOP, MYTH NYC; FEATHER EXTENSION, RAKA FEATHER BY RAMONA; KAMA CUSTOM FEATHER HAIR DESIGN.

seventeen
2011
Spring
STYLE
GUIDE

*THE KEY TO LOOKING CHIC
THIS SEASON IS MIXING
NEW TRENDS WITH A FEW
FRESH BASICS. FIND YOUR
PERFECT LOOK INSIDE!*

PHOTOGRAPHS BY ANNA PALMA



25
YEARS

MICHAELSTARS.COM 877.782.7833

Michael Stars



HOT *New* TRENDS

*MAKE THIS
SEASON'S
MOST LUST-
WORTHY
LOOKS
WORK FOR
YOUR STYLE!*

DRESS

Sizes 0-12, Marc by Marc Jacobs, \$158, Saks Fifth Avenue.

NECKLACE

Ben-Amun by Isaac Manevitz, \$345, ben-amun.com.

BRACELETS

On right arm: Cuff with crystal, Sequin, \$78, call 212-398-7363 to order; silver-and-gold bangle, M.Haskell, \$14, call 212-764-3332 to order. On left arm: Necklace (worn as bracelet), Roxanne Assoulin for Lee Angel, \$65, leeangel.com.

SHOES

Sizes 5-10, L.A.M.B., \$345, Bloomingdale's.

ON THE COVER: BLAZER Sizes XS-L, Poppy by Coach, \$348, Coach stores. SHIRT One size, American Apparel, \$58, americanapparel.net. JEANS Sizes 24-32, Hudson, \$165, hudsonjeans.com. EARRINGS Larulcci, \$150, call 619-269-6644 to order. BAG JoyRich for LeSportsac, \$68, LeSportsac boutiques and lesportsac.com. BRACELETS Red bracelet, Sequin, \$38, call 212-398-7363 to order; wood bracelet, \$12, and gold-and-silver bangle, \$14, M. Haskell, call 212-764-3332 to order. WATCH D&G, \$175, Macy's. BELT Lacoste, \$48, Lacoste boutiques.

BRIGHT GRAPHICS

*WITH SHARP SHAPES AND
VIVID SHADES, THESE
AMAZING PIECES WOULD MAKE
EVEN NICKI MINAJ JEALOUS!*



runway REPORT



PROENZA SCHOULER

CACHAREL

SPORTMAX

VERSACE

DRESS
Sizes 2-12, H&M, \$70,
H&M stores.

NECKLACE
Sequin, \$78, sequin-nyc.com.

BRACELET
Ted Rossi, \$75, tedrossi
.com.

WEDGES
Sizes 5-9,
Marc by Marc Jacobs,
\$395, shopbop.com.



NEON chain

Kenneth Jay Lane, \$135, 877-953-5264



CITRUS jeans

Sizes 24-32, Hudson, \$165 each, hudsonjeans.com



TRIBAL romper

Sizes XS-L, Dallin Chase, \$246, call 732-530-3334 to order



ELECTRIC sunglasses

Quay Eyewear, \$30, quayeyewear.com.au



STRIPED dress

Sizes 34-46, Lacoste, \$145, Lacoste boutiques



CIRCULAR earrings

Sequin, \$38, sequin-nyc.com



LEATHER
moto jacket

JACKET Sizes S-L, BB Dakota,
\$238, lulus.com. SWEATER
Sizes XS-XL, Kensie, \$78, kensie
.com. NECKLACE Venessa
Arizaga, \$395, venessaarizaga.com.



SPARKLY
choker

Made Her Think, \$390,
madeherthink.com



DESTROYED
jeans

Sizes 24-32, J Brand,
\$189, jbrandjeans.com



LACQUERED
bracelets

Flower-charm bracelet, \$55, ball-charm
bracelet, \$38, nugget-charm bracelet,
\$40, and filigree-charm bracelet, \$50,
all Kevia, shop.kevia.biz

CAGE heels

Sizes 5-10, Guess,
\$130, Guess stores



SKULL tee

SHIRT Sizes XS-L, Sauce,
\$62, revolveclothing
.com. SHORTS
Sizes 25-32 Mavi, \$68,
mavi.com. NECKLACE
Laricci, \$462,
laricci.com.

Glam ROCK

*THRASH WHAT YOU KNOW
ABOUT THE ROCKER
LOOK—THIS SEASON, THE
SKIRTS ARE TIGHTER AND
THE HEELS ARE HIGHER!*

runway REPORT



VEST McQ by Alexander McQueen.

T-SHIRT Sizes S-L, Zadig and Voltaire, \$160, call 212-989-7300 to order.

SKIRT Sizes XS-XL, American Apparel, \$32, americanapparel.net.

NECKLACE Roxanne Assoulin for Lee Angel, \$195, leeangel.com.

BRACELETS Leopard bracelet, Dannijo, \$205, dannijo.com; silver bracelet, Ben-Amun by Isaac Manevitz, \$495, ben-amun.com.

RING Stylist's own.

SOCKS Hue, \$6, hue.com.

SHOES Sizes 5-10, L.A.M.B., \$395, solutionsdenim.com.

INDIE *Sweet*

*TWO PARTS FLORAL,
ONE PART COMFY—
IT'S HOW TO GET GIRLY
WITHOUT LOOKING
TOO PRECIOUS.*



runway REPORT



SWEATSHIRT
Sizes XXS-XXL,
American Eagle Outfitters,
\$40, ae.com.

SHIRT Sizes XS-XL,
O'Neill, \$42, shoponeillusa
.com.

SKIRT Sizes XS-L,
American Apparel, \$42,
americanapparel.net.

HEADBAND
Jennifer Behr, \$148,
jenniferbehr.com.

NECKLACES Crystal
necklace and copper
necklace, \$375 each,
Peppercotton, kirmazabete
.com; chain necklace,
Pono by Joan Goodman,
\$215, 866-336-7666.

BRACELETS Button
cuff, Subversive, \$480,
subversivejewelry.com;
rhinestone bracelet, Ettika,
\$36, ettika.com.

SOCKS Hue, \$6, hue.com.

SHOES Sizes 5-11,
Stuart Weitzman, \$385,
zappos.com.

EYELET dress

DRESS Sizes XS-L, Quiksilver, \$60, quiksilver.com. NECKLACE Sequin, \$148, sequin-nyc.com.



CUTOFF shorts

SHORTS Sizes 2-12, Topshop, \$65, topshop.com. BELT Cynthia Rowley, \$90, cynthiarowley.com.

FLORAL bag

Dooney & Bourke, \$198, dooney.com



CROP top

Sizes 36-46, D&G, \$325, select D&G boutiques



GRAPHIC swimsuit

BIKINI Sizes XS-L, Lost, \$34 each piece, lostenterprises.com.

SHIRT Sizes 0-12, French Connection, \$128, French Connection stores.



CUTOUT heels

Sizes 36-40, See by Chloé, \$355, zappos.com



BANDED skirt

SKIRT Sizes 2-12, Tommy Hilfiger, \$348, Tommy Hilfiger stores.
BELT Tory Burch, \$175, toryburch.com.



FITTED blazer

BLAZER Sizes XS-L, Guess, \$118, Guess stores. **SHIRT** Sizes 34-46, Lacoste, \$130, Lacoste boutiques.



STRIPED flatforms

Sizes 5-11, Tory Burch, \$175, toryburch.com



OVERSIZE watch

Nixon, \$100, nixonnow.com

STRAW fedora

Juicy Couture, \$68, Juicy Couture boutiques



BRIEFCASE bag

Rebecca Minkoff, \$475, rebeccaminkoff.com

BOY MEETS GIRL

BORROW FROM THE BOYS, THEN MAKE IT YOUR OWN! THIS NEW UPDATE ON PREPPY HAS A SUPER-FLIRTY ATTITUDE.



JACKET Sizes XS-L, Marc by Marc Jacobs, \$388, Macy's.

SWEATER Sizes XS-L, Rag & Bone, \$220, Saks Fifth Avenue.

SHIRTS Sizes 2-12, Tommy Hilfiger, \$78 for blue, and \$68 for pink, Tommy Hilfiger stores.

SHORTS Sizes 24-32, Rag & Bone, \$145, shopbop.com

BELT American Eagle Outfitters, \$20, ae.com.

SHOES Sizes 5-10, Sperry Top-Sider, \$70, sperrytopsider.com.

runway REPORT



COOL

NEW

Basics

*SLIP ON JUST ONE OF
THESE LUXE STAPLES
AND YOU'LL INSTANTLY
ELEVATE ANY OUTFIT!*

BAGS

These little numbers are almost too hot to handle.

PREPPY bucket

Marc by Marc Jacobs, \$258, Bloomingdale's

ANIMAL hobo

L.A.M.B., \$298, Nordstrom

LIPS clutch

Lulu Guinness, \$435, luluguinness.com

NEON baguette

H&M, \$18, H&M stores

QUILTED satchel

Dooney & Bourke, \$228, dooney.com

BERRY tote

Juicy Couture, \$378, Juicy Couture boutiques

SNAKE purse

Coach, \$398, Coach stores



**PRINTED
oversize**

Dior, \$345, diorboutiques

FLORAL ovals

55 DSL, \$70, 55dsl.com



SUNGLASSES

Whether you're in your baggiest sweats or prettiest dress, sunnies are always the best finishing touch.



BRIGHT Lennons

Topshop, \$44, topshop.com



**TWO-TONE
retro**

Marc by Marc Jacobs,
\$98, Bloomingdale's



SLEEK aviator

Tory Burch, \$165, toryburch.com

**ORANGE
specs**

Carrera, \$145, Solstice
Sunglass boutiques



**TINTED
squares**

Converse Eyewear, \$59,
converse.com



**WATERCOLOR
shades**

Ray-Ban, \$145, sunglasshut.com



LEOPARD cat-eye

Kate Spade, \$148, katespade.com

Fashion Stylist: Annebet Duvall. Hair: Staci Child at Defacto for Cutler NYC/Redken. Makeup: Thora at Kate Ryan Inc., for Dior Beauty. Manicure: Yuko Wada for Mark Edwards Inc. Still Lifes: Jesus Ayala/Studio D. Still Lifes Stylist: Claire Tedaldi for Halley Resources.



DESTROYED bootleg

Sizes 25-34, Silver Jeans Co., \$82, Dillard's



**CROPPED
sailor**

Sizes 23-32, 7 For All Mankind,
\$178, 7forallmankind.com



**ZIPPED
leggings**

Sizes 24-32, AG Adriano
Goldschmied, \$178, agjeans.com

JEANS

*When you're rocking these
great new shapes, everything
else falls into place.*



COATED skinnies

Sizes 24-33, It!, \$78, revolveclothing.com



SUPER flares

Sizes 24-32, Paige Denim, \$189,
Bloomingdale's



**STITCHED
straight**

Sizes 24-34, Miss Me Jeans,
\$92, missme.com

PROMOTION

seventeen
A★LIST

we've got your golden ticket!

Share your opinion with *Seventeen* and you could **win amazing prizes** and even be the first to **try hot new products**.

To join, log on to **seventeenalist.com** today!



Feather **SOFT**

*Let your hair down!
Sneak a feather
extension into
pin-straight hair—
every time you turn your
head, the feathers will
flutter in the breeze.*

Fashion Stylist: Megan Ross at Factory Downtown. Hair: Ted Gibson for Tedgibsonbeauty.com. Makeup: Susan Giordano for Dior Beauty at Kramer + Kramer. Manicure: Elle for Artistsbytimothypriano.com. Still Lives: Don Penny/Studio D.



have a happy break- up!



**Ending a relationship
doesn't have to
mean heartbreak and
tears. Seriously!
by elisa benson**

act: Breakups suck. You *want* to put all the sadness behind you, but instead, you find yourself playing “your song” over and over, stalking his Facebook page, and having a mini internal freakout every time you see him in the hallway. The truth is, when a relationship means a lot to you, sometimes you feel like you need a big, dramatic breakup to do it justice—like it’s proof of how deeply you both cared. Or maybe the reality is that you have tons of the same classes and shared friends, so you feel pressure to act like you’re still BFFs—even though it’s killing you to slap on a happy face. But there *is* something in between—a place where you don’t have to wallow in pain, have a mega meltdown, or fake a friendship. Here’s how to do the deed—drama-free.

breeze through your breakup

Take it from readers who have been there—you can move on without all the messiness.

TAKE THE HIGH ROAD

"I was so hurt when my BF broke up with me out of the blue. But I promised myself that **I wouldn't bash him**—even when my friends called him a jerk. I didn't want to linger over the pain. Letting go helped me move on."

—julia, 17, monroe, mi

GO FACEBOOK MIA

"After I broke up with my boyfriend, I knew I'd get flooded with FB comments as soon as I changed my status to 'single'—so **I didn't go on for a week**. When I finally did, I posted only happy stuff so the drama would die down."

—jessica, 16, pittsburgh, pa

KEEP THE DEETS QUIET

"I shared details of my breakup with just one person—**my best friend**. Refusing to talk about it to the whole world made it less likely to turn into gossip that would come back to haunt me."

—jen, 17, houston, tx

DO IT IN PERSON

"I wanted to be clear with my BF that we were over, so I broke the news face-to-face. Being able to **see his reaction** helped me let him down gently and avoid miscommunication."

—arina, 20, van buren, ar

THE FACE-HIM-EVERY-DAY BREAKUP

BLAKE LIVELY & PENN BADGLEY

B & P broke up last winter but were so chill on the set of *Gossip Girl* that their castmates didn't know!

breakup bummers

Don't make the break worse by falling into one of these sticky scenarios.



Forcing "just friends":

Sometimes you don't want to let on how much you're hurting, so you pressure yourself to act 100 percent over it—as if it's no big deal to keep sitting near him in the caf or hanging out in groups. But you can't move on if he's still front and center in your life. It's okay to admit you need space.



Taking a break:

Either work through your issues *now* or split for good. Adding in a month of relationship limbo—when boundaries get blurred (How often do you talk? Should you see other people?)—just makes your split more dramatic. Someone is bound to get hurt.



Hooking up:

Making out might ease the pain, but it undermines the fact that you once had a deep *emotional* connection. Ask a BFF to step in if she sees you getting too flirty with your ex at a party, so it doesn't go any further.

THE SLOW-LET-GO SPLIT

ZAC EFRON & VANESSA HUDGENS

These cuties are having a hard time separating—they've been spotted together since their break and reportedly hooked up.



master the easy peace out

When things are casual between you and your guy, your breakup should be casual, too. Here's how.

if you've only hung out once or twice:

DIAL DOWN YOUR CONTACT.

Start sending one-word responses to his texts, and if he asks to hang out, tell him sorry, but you've got plans. Constant excuses will gently send the message that he shouldn't keep reaching out.

if you want to let him down easily:

TELL A LITTLE WHITE LIE.

Call him and say, "This is hard for me to say, but recently I've been talking to my ex again, and I think I need to give those feelings a chance." Even if it's not true, it places the blame elsewhere (on your ex) instead of on him, which makes it easier to deal with.

if he's clingy and won't take a hint:

BE BLUNT.

Tell him you're just not interested, then ignore him and avoid the places you know he'll be. Giving him the cold shoulder isn't nice, but it will discourage him from getting in touch. Use it as a last-ditch effort on a guy you just can't escape!

KELLY'S MAJOR BREAKOVER!

When you ditch a bad relationship, it can give you the courage to fix other stuff in your life. Kelly Osbourne got rid of fiancé Luke Worrall, then slimmed down, got a new wardrobe, and looked happier than ever!



BEFORE CRAPPY!

AFTER HAPPY!

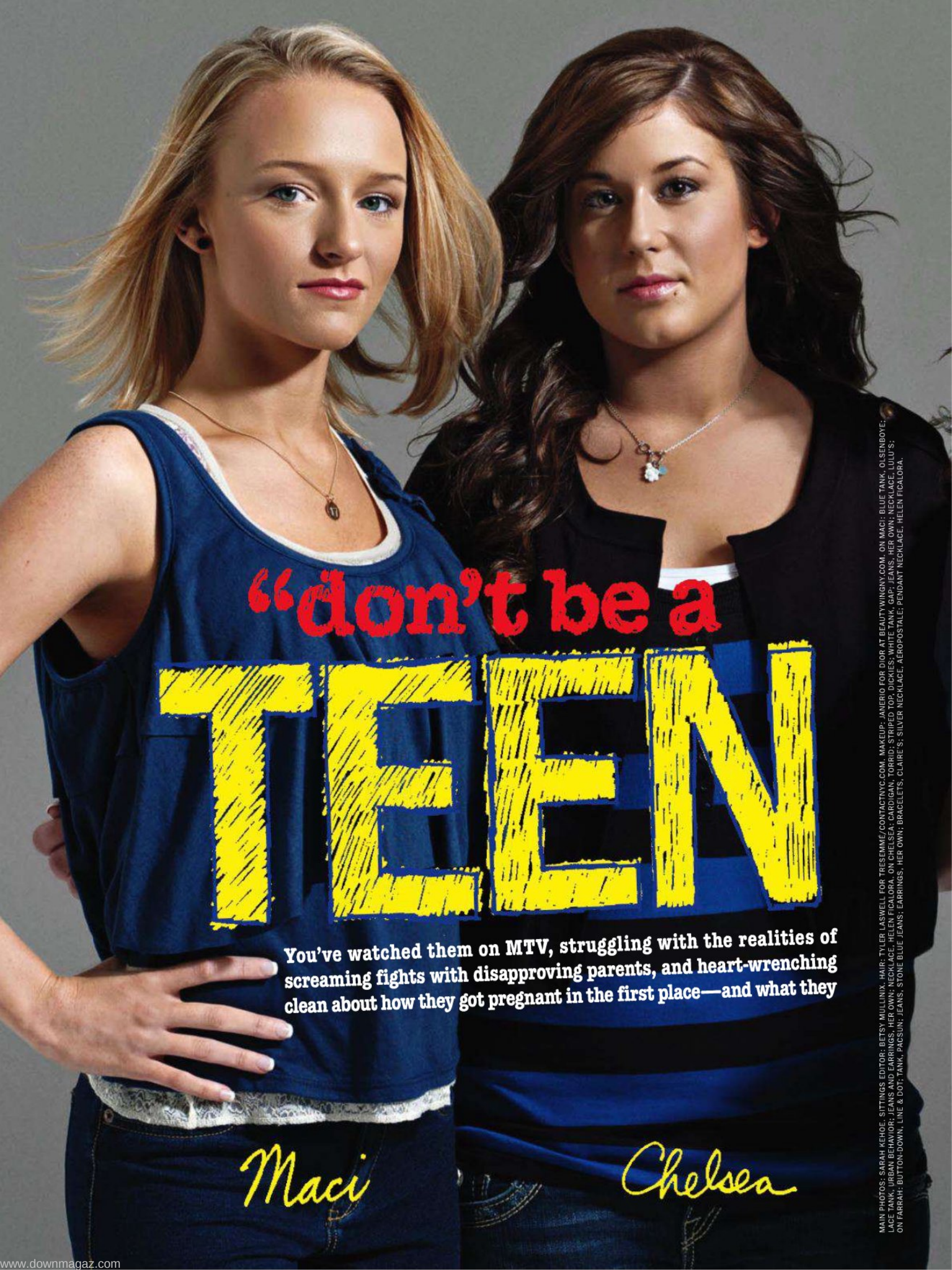
when it's okay to freak out

Some breakups are so effed up, like **when he cheated** or did something really mean, that you can't let go until you've given him a piece of your mind. So grant yourself one **two-minute rant**. Just make sure you drop it afterward, because continuing to dwell will **keep the pain fresh**. (BTW, if you're the one who caused the pain, that freakout clause also goes for him.)

THE DRAMA-FREE FIZZLE OUT

RIHANNA & MATT KEMP
RiRi and her baseball player were never a mushy, spotlight-hogging couple (sources say she was "just having fun")—and their breakup was just as laid-back.

17 EXPERT: Jamie Beckman, the author of *The Frisky 30-Day Breakup Guide* (Ulysses Press, 2010).



“don’t be a

TEEN

You’ve watched them on MTV, struggling with the realities of screaming fights with disapproving parents, and heart-wrenching clean about how they got pregnant in the first place—and what they

Maci

Chelsea

MAIN PHOTOS: SARAH KEHOE. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMME/CONTACTNYC.COM. MAKEUP: JANEIRO FOR DIOR AT BEAUTYWINGNY.COM. ON MACI: BLUE TANK, OLSENBOYE; LACE TANK, URBAN BEHAVIOR; JEANS AND EARRINGS, HER OWN; NECKLACE, HELEN FICALORA. ON CHELSEA: CARDIGAN, TORRID; STRIPED TOP, DICKIES; WHITE TANK, GAP; JEANS, HER OWN; NECKLACE, LULU'S; ON FARRAH: BUTTON-DOWN, LINE & DOT; TANK, PACSUN; JEANS, STONE ISLAND; BRACELETS, CLAIRE'S; SILVER NECKLACE, AEROPOSTALE; PENDANT NECKLACE, HELEN FICALORA.



Maci wasn't into Ryan the first time she met him at a friend's house the summer before her junior year. But the more she got to know him, the more she felt butterflies. By the time high school started that fall, she couldn't stop thinking about his chocolate-brown eyes, how they crinkled when he smiled, and how when he touched her hand, her body felt electric. Suddenly, Maci was spending every free moment with Ryan, and less and less time with her friends. She felt so close to him, like she could tell him *anything*, and they'd often fall asleep talking on the phone at night. She'd been so guarded with other guys, but Ryan managed to break down her walls and make her feel safe and comfortable.

Even though the moment she lost her virginity in Ryan's bedroom wasn't planned, having sex with him felt right. Maci wasn't thinking about birth control—only how good it felt to be close to him. After their first time, they used condoms once, but Maci didn't like how they felt or how embarrassing it was to buy them—or even talk about them.

Then one cold winter morning, Maci woke up and just felt, well, different. Her breasts were sore and getting bigger. And her period was late. So she took a pregnancy test and her heart stopped when the little red plus sign developed. She stared at it for what felt like hours, freaking out about what was going to happen next. She thought teen pregnancy happened only to slutty girls—not girls like

M her. She'd slept with only one guy, she was popular, and she got good grades. She wasn't supposed to get pregnant.

After watching MTV's *Teen Mom* and *Teen Mom 2*, you get that having a baby in high school isn't easy. In fact, you've probably made a private vow that

you'll *never* be a teen mom. And even though now the girls seem like celebs on TV and in magazines, each one started out just like you. You've seen Maci and Ryan's heartbreaking split because of the stress of raising Bentley. You've watched Farrah try to care for Sophia without having meltdowns—while dating, getting a culinary degree, and going to therapy. You saw how alone Chelsea felt when her BF was partying instead of helping with their daughter.

But when you're madly in love, you're not thinking about all that drama. You're not thinking that your life could change so drastically—and so fast. Maci, Farrah, and Chelsea weren't thinking that either, so now they're revealing exclusively to *Seventeen* what they would do differently if they could rewind their lives.

being a teen mom: the painful custody battles, decisions with boyfriends. Now they're coming wish they had known earlier. BY HOLLY C. CORBETT

Farrah

"We just 'pulled out and prayed.'"

—MACI, 19, CHATTANOOGA, TN



"Ryan never pressured me to have sex—and that made me even more attracted to him. We didn't even decide beforehand that we were going to do it. We got caught up in the moment. We'd never even talked about birth control. What we did was *very* stupid.

I knew from commercials that birth control existed, but I didn't know which was best or how to get it. I guess I was too intimidated to deal with it. I'd heard some of my friends talk about condoms and the Pill, but I didn't want to ask them questions that I wasn't comfortable answering myself. I wanted to keep my personal life private.

Before I started having sex, I would talk to my mom about my friends having sex. I felt okay sharing stories with her about how a guy had really hurt my friend after they'd slept together and how she still loved him. I could have talked to my mom about birth control—she is really understanding. But it was such a short time from when I started having sex to when I got pregnant—just two and a half months!—that I didn't really have a chance to bring it up. I wish that Ryan and I had talked about birth control early on. Only *after* I found out I was pregnant did we talk about how we should have used protection. By then, it was too late."

1 IN 4

women who use the pull-out method will get pregnant within 1 year.

SOURCE: Contraceptive Technology (Ardent Media, 2011)

mental prep

On MTV's *16 and Pregnant*, Maci thinks about how her life is about to change.



"I wasn't mature enough to be having sex."

—FARRAH, 20, COUNCIL BLUFFS, IA

"I started dating Derek when I was 15. After two months together, he said, 'If we're still together by prom, do you want to have sex?' I said no, but Derek wouldn't let up and continued to ask every day leading up to prom. So I said, 'Either we break up and don't go to prom, or we go to prom but don't have sex.' He chose prom. I felt relieved—like he cared about *me* more than sex.

It was pouring rain when Derek took me home after prom at 2 A.M. He gave me puppy-dog eyes and said he didn't want to drive in the storm. After two hours of him saying how much he cared about me, I gave in and lost my virginity.

Everything was so dramatic, with the rain, and my perfect hair and makeup. In the past when guys pressured me about sex, I stopped talking to them. But I really didn't want to break up with Derek. We had sex for a few months without using condoms—he hated them. He didn't want to go with me to get the

Pill, and I felt weird going alone. But then a friend had a pregnancy scare and I started to worry. So I gave Derek another ultimatum: 'We need to use condoms, quit having sex, or break up.' We broke up. I was heartbroken, but I knew I had to protect my body if Derek wouldn't.

After we split, I went on the Pill to take charge of my body—even though I wasn't having sex at the time. Derek and I got back together after four months and started having sex again. We didn't think about using condoms, because I was on the Pill and was having sex with only him. Then I got tonsillitis. When I was at the doctor's office with my mom, my doc asked if I was on birth control. I said no because I didn't want my mom to know. But the antibiotics he gave me made the Pill less effective! I cried when I found out I was pregnant, but I had nobody to blame but myself. If I wasn't ready to have an honest conversation with my mom and my doctor, then I wasn't ready for sex."

65%

of teen girls who have had sex wish they had waited longer.

SOURCE: The National Campaign to Prevent Teen and Unplanned Pregnancy

ON FARRAH: RED DRESS, H&M; WHITE TEE, OLD NAVY; EARRINGS, HER OWN; NECKLACE, AMI CLUBWEAR; BELT, STREETS AHEAD. 17 STATISTICS SOURCE: (RATE OF PULLING OUT) J. TRUSSELL, "CONTRACEPTIVE EFFICACY," IN CONTRACEPTIVE TECHNOLOGY, TWENTYTH REVISED EDITION, EDITED BY R.A. HATCHER, J. TRUSSELL, A.L. NELSON, W. CATES, AND D. KOWAL (ARDENT MEDIA, 2011).

“I wish I had realized that sex is a big deal.”

—CHELSEA, 19, VERMILLION, SD



I know it sounds dumb, but it felt like everyone I knew was having

sex, so I figured I should too. I wasn't thinking how you get emotionally attached or how you can become pregnant. At the time, I really liked my boyfriend, Adam, who I'd met at a party when I was 16, so it seemed like a good idea. Three months into our relationship, he asked if I was on birth control. I had already gone on the Pill—just to be ready—so we started having sex.

I chose the Pill because my friends were on it, so I assumed it was right for me. Plus, it was the only birth control I'd learned about in sex ed besides condoms. When my doctor asked if I wanted to know about other kinds of birth control, I said no, because talking about my sex life to a person who is practically a stranger felt *seriously* awkward—I just wanted to get out of there.

I'd take my pill every day when I had it with me. But I'd be at my dad's house one week, leave my pills there, and then I wouldn't remember I'd left them until I was already at my mom's house an hour away. Sometimes I didn't take my pills for a week. When that happened, Adam and I would sometimes use condoms but not

always. And it was one of those times that I got pregnant.

I wish I'd told my doctor that I was all over the place and it would be hard to remember to take a pill every single day. After I got pregnant, I asked my doc about other options that you can take only weekly, like the patch, or monthly, like the vaginal ring—which would have worked better with my life. If I could turn

back time, I definitely would have used a different kind of protection, and I wouldn't have been so casual about sex—I would have taken it seriously.”

About
750,000
teens get pregnant
each year.

SOURCE: Guttmacher Institute

“I'm not ready to be a mom. I'd rather . . .

(your idea here)

”

Make a promise to yourself! In the heat of the moment, it can be tough to remember how one decision can change your life forever. So remind yourself of why you're not ready to be a mom, like wanting to go to college or being free to party with friends. Then share it with other girls. First, make sure you “like” [facebook.com/seventeenmagazine](https://www.facebook.com/seventeenmagazine), then change your status to “Hey, @SeventeenMagazine, I'm not ready to be a mom. I'd rather _____” and fill in the blank!

The updated statuses will appear on our Facebook Wall so you can see what other girls say!



scary secret

The reason 63% of teens don't use birth control, like condoms, the Pill, or the vaginal ring: fear of their parents finding out.

HOW NOT TO GET PREGNANT

Here's how to keep from being a mom until you're *really* ready.

- 1. Decide to wait.** Not having sex is the only foolproof way not to get pregnant. You can always tell your boyfriend you want to wait—even if you've said yes before.
- 2. Be prepared.** Birth control might feel like it's the guy's job, but it's *your* body that gets pregnant. So even if it feels weird, be proactive. That might mean that you take the Pill at the same time every day or that you carry condoms in your purse just in case. It's like making a pact with yourself to protect your body—and your future.
- 3. Find the right fit.** If your makeup gave you zits, you wouldn't stop wearing it altogether—you'd just try a different brand, right? The kind of birth control that works for your friend might not be right for you. Be open and honest with your doc so you can get the right fit for you.

KNOW YOUR OPTIONS!

Visit [bedsider.org](https://www.bedsider.org) to compare birth control methods side-by-side, find a local clinic to get birth control, and sign up for free reminders to take the Pill.

TRAUMARAMA!

Everyone has had humiliating moments.



hug it out

"I was waiting on the steps outside my school, and this hot senior started walking over. He said, 'Hey!' and started to reach out toward me, so I went in for a hug. Then I realized what he had *actually* been doing: grabbing his bag that was on the step beside me."

tmi, dad

"I live with my super-awkward single dad, and one day he cornered me for 'the talk.' I confessed that I wasn't a virgin and prepared myself to be yelled at, but it was far worse: He decided to tell me about the emotional angst he went through after *his* first time. *Ahhh!*"



"I volunteered to play a scrimmage basketball game (audience-members only) at a school event to impress my crush, but I ended up shooting at the wrong basket! The worst part? They caught it on video!"

Go to seventeen.com/trauma to watch it go down!

HOT SPOT

"My friend threw a pool party and a cute neighbor I'd been crushing on was there. We started to play Marco Polo, but *in the middle of the game, I had to pee really badly*. I was away from everyone, so I decided to let it out quickly. My crush was Marco, and when he swam over to me, he announced: 'I want to stay over here—it's warm!' Oh, well! What he doesn't know won't kill him!"

ROCKETS RED GLARE

"I went to a swim meet to cheer on my new BF. Everybody stood up to sing the national anthem—and of course, just as the crowd went silent, my phone rang and the *song 'OMG!' by Usher* echoed through the *whole place*. Everyone stared! On the plus side, thank goodness it wasn't my *other* ringtone: 'My Humps.' "



class act

"I invited a cute guy from school over while my mom was out. I knew she would freak, so I texted: 'FYI: A guy's coming over, but don't worry—he's ugly.' Then I accidentally sent the message to *him*. Yep, I'm single-handedly responsible for killing the self-esteem of the hottest guy in school!"

Giveaway Rules

NO PURCHASE NECESSARY. Sponsored by Hearst Communications, Inc. Must be female, between the ages of 13 and 29, and a resident of the 50 United States or District of Columbia. Void where prohibited by law.

HOW TO PARTICIPATE IN THE LULUS.COM SHOE GIVEAWAY (page 18): Beginning March 15, 2011, go on to seventeen.com/lulus and enter the code "shoes" to receive a gift card for a free pair of lulus.com sandals. Three-thousand (3,000) gift cards will be given away. One per person. Giveaway ends April 19, 2011, or while supplies last. Once all gift cards for sandals are distributed, there will be no substitute product given away.

Contests

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Must be female, between the ages of 15 and 22, and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Quebec Province and where prohibited by law, unless otherwise noted.

HOW TO ENTER THE PRETTY AMAZING COVER CONTEST (page 30): **NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Beginning February 1, 2011, at 12:01 A.M. ET, through April 30, 2011, at 11:59 P.M. ET, go to seventeen.com/prettyamazing and complete and submit the entry form pursuant to the on-screen instructions. Entrant must supply an essay describing why she is "Pretty Amazing," no greater than 1,000 characters, along with two (2) photos of herself. Prizes and approximate retail values: One (1) grand-prize winner will receive a \$10,000 scholarship awarded in the form of a check, and an opportunity to appear on a cover of *Seventeen*; five (5) finalists (including the grand-prize winner) will receive a trip for two (2) to New York City that includes round-trip coach flights from major airport nearest finalists' residence and four- (4) night hotel stay (single room, double occupancy; approximate retail value: \$4,750 each). Total approximate retail value of all prizes awarded: \$33,750. Must be a female between the ages of 15-22 and a legal resident of the 50 United States, District of Columbia, Puerto Rico, or Canada. Void in the Province of Quebec, and where prohibited by law. Contest is subject to complete Official Rules available at seventeen.com/prettyamazing.

Sweepstakes Rules

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HOW TO ENTER THE TEEN READER FEEDBACK SWEEPSTAKES (page 8): Go to survey.seventeen.com and complete and submit the entry form pursuant to the on-screen instructions beginning at 12:01 A.M. ET, January 1, 2011, through 11:59 P.M. ET, December 31, 2011. One (1) winner will receive a \$500 American Express Gift Card, and five (5) winners will receive a \$100 American Express Gift Card. Sweepstakes subject to complete Official Rules available at survey.seventeen.com.

HOW TO ENTER THE APRIL DAILY FREEBIES (page 12): Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, April 1, 2011, through 11:59 P.M. ET, April 30, 2011. Daily sweepstakes will be held each day starting at 12:00 A.M. ET and ending at 11:59 P.M. ET each day for 30 days. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE APRIL FREEBIES GRAND PRIZE SWEEPSTAKES (page 12): Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, April 1, 2011, through 11:59 P.M. ET, April 30, 2011. One (1) winner will win free haircuts for a year at the Salon at ULTA consisting of ten (10) Signature Haircuts at \$45 each plus 20 percent gratuity (approximate retail value: \$540) and one (1) year of Redken products consisting of hair care products with an approximate retail value of \$160. Total approximate retail value for all prizes awarded: \$700. Note: If winner does not live within 20 miles of an ULTA salon, she will receive an ULTA.com gift card for \$700 instead. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER SEVENTEEN'S SPRING SHOPPING SPREE SWEEPSTAKES (page 26): Go to win10k.seventeen.com and complete and submit the entry form pursuant to the on-screen instructions, beginning March 1, 2011, at 12:01 A.M. ET, through January 31, 2012, at 11:59 P.M. ET. One (1) Grand-Prize Winner will win \$10,000 cash. Odds of winning will depend upon the total number of eligible entries received. Must be 13 years or older and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at win10k.seventeen.com.

HOW TO ENTER THE APRIL ZAPPUS GIFT CERTIFICATE SWEEPSTAKES (page 52): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, March 8, 2011, through 11:59 P.M. ET, April 18, 2011. Two (2) winners will win the following prize: One (1) Zappos.com \$100 gift certificate. Total approximate retail value for all prizes awarded: \$200. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE APRIL ALL ACCESS SWEEPSTAKES (page 106): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, March 8, 2011, through 11:59 P.M. ET, April 18, 2011. One (1) winner will win the following prizes: Reliance Running Shoe (approximate retail value: \$100), Escape Shorts (approximate retail value: \$30), Season Opener T (approximate retail value: \$30), Hero Half Zip Jacket (approximate retail value: \$55), and Endure Gym Bag (approximate retail value: \$55) from Under Armour. Total approximate retail value for all prizes awarded: \$270. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

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April

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by sally brompton

aries



Mar 21–Apr 19

Okay, so March was a bit boring, but the stars have exciting gifts for your birthday! On the 3rd, the new moon will bring cool new girls into your circle who'll have an in to the hottest parties. And the guy you've been flirting with will look to make things official, so you'll have a hot "plus one" too!

cancer



Jun 21–Jul 22

Cancer girls are way affected by changes of the moon, and when it's full on the 18th, your feelings will be *all* over the place. Are those tears of sadness or joy? You'll honestly have no clue! Luckily you'll ride out the emotional roller coaster by sticking close to your sweetest friends.

libra



Sep 23–Oct 22

You and your crush have been getting closer, but your friend has feelings for him too. You've been keeping your dates with him a secret, but on the 9th, you'll come *thisclose* to getting caught. You're serious about him, so you'll have to fess up; your sensitive Libra ways will ease the blow.

capricorn



Dec 22–Jan 19

Friendship probs will take center stage in April! Two girls in your crew have been fighting and can't seem to get past the drama. But a perceptive Cap like you will help them figure out what the issue *really* is. They'll thank you for your advice with a cool outing on the 28th. Sweet!

taurus



Apr 20–May 20

Now that spring is here, you're ready to update your look, and we're not talking little tweaks but a *major* makeover. As the sun moves into your sign on the 20th, you'll feel inspired to head to the salon for a new hairstyle. The results will be a knockout, Taurus!

leo



Jul 23–Aug 22

Getting over an ex can be painful, Leo, but constantly creeping his Facebook page or "accidentally" bumping into him in the hallway won't make it easier! On the 21st, a hot new guy will cross your path. He may be the key to moving on, so be on the lookout for him!

scorpio



Oct 23–Nov 21

Long winter nights tap into your dark side: You're the only sign who'd *shut* the blinds when the sun is shining! But energetic Mars will move into the well-being area of your chart on the 2nd, urging you to hit the outdoors for some fresh air, and you'll feel super-revitalized afterward. Imagine that!

aquarius



Jan 20–Feb 18

You've had your eye on the same guy for *forever*, and your BFF is pushing you to make a move. When all three of you are hanging out around the 12th, she'll let it "slip" you like him. Awkward! But once he knows you're into him, he'll see you in a new way. This may lead to something big!

gemini



May 21–Jun 20

You're Miss Popularity, and in April you'll be fielding more invites than usual: You'll have parties, concerts, and girls' nights galore. But the weekend of the 23rd, Jupiter will urge you to slow down and stay in! Good thing: You'll be recharged for a last-minute get-together on Sunday!

virgo



Aug 23–Sep 22

You'll have a hard time getting friends to commit to plans in April—even your BFF can't seem to make up her mind! It's not you—it's the universe. With Neptune in your opposing sign, trying to pin people down would just make things worse. Wait out the weirdness: May will go smoother!

sagittarius



Nov 22–Dec 21

It's not like you to wait for a guy to text, but you're *really* into your latest crush—and the nerves are kind of throwing you! No worries, Sag. On the 8th, chatty Mercury will be so strong, you'll gather up the courage to send that hottie a movie invite. Get ready for a flirty date!

pisces



Feb 19–Mar 20

You spent March so short on cash, it was *really* starting to bum you out. Relief is on the way! Mars in the money area of your chart will offer lots of chances to fill up your wallet. One option will be a part-time job in an outdoor setting, which is *perfect* for a nature-loving girl like you.



= girl talk



= fun parties



= big love

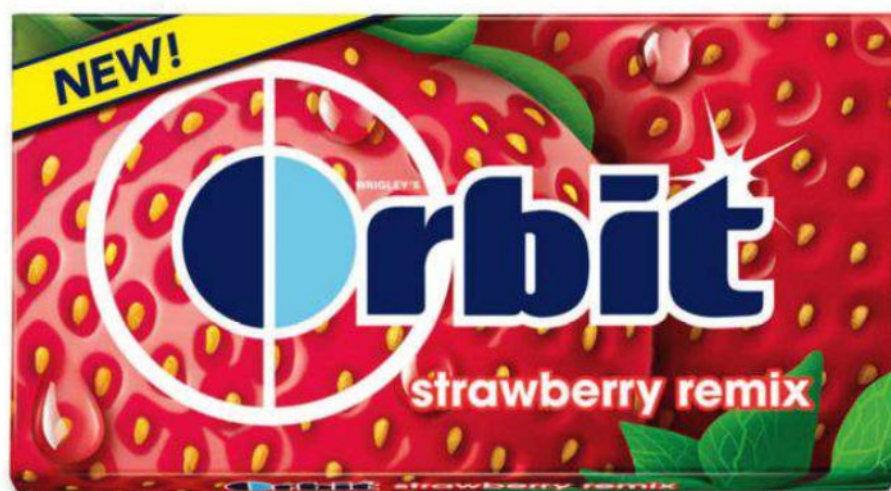
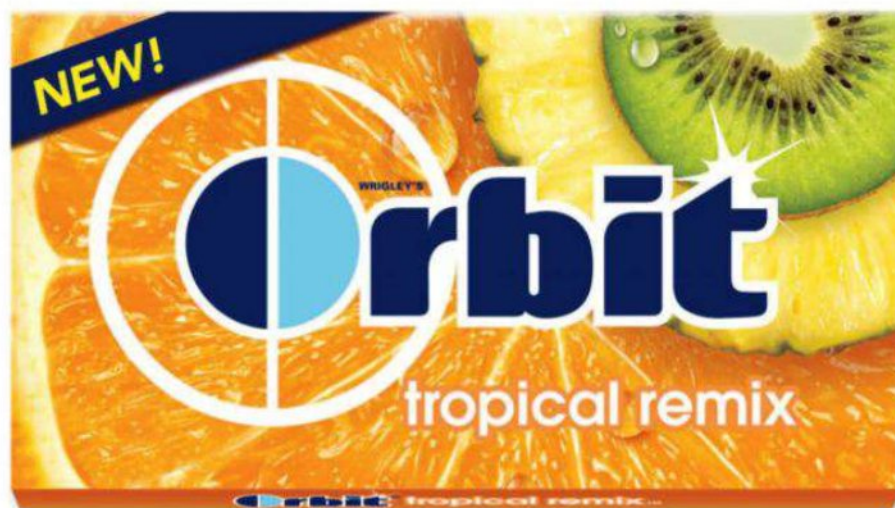


= crazy drama



= amazing makeover

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